



NATIONAL CENTERS OF
EXCELLENCE
IN WOMEN'S HEALTH

Disease Prevention and Health Promotion

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OFFICE ON WOMEN'S HEALTH
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AND HUMAN SERVICES

The National Centers of Excellence in Women's Health (CoEs) were established by the Office on Women's Health, within the Department of Health and Human Services in 1996. Their mandate is to establish and evaluate a new model health care system that unites women's health research, medical training, clinical care, public health education, community outreach, and the promotion of women in academic medicine around a common mission – to improve the health status of diverse women across the life span. This brochure highlights some of the many activities and programs at the CoEs that are focused on disease prevention and health promotion.

Clinical Care

◆ Boston University

The CoE Boston Medical Center's Women's Health Group Breast Health Services have expanded beyond evaluation and management of breast problems to assessment of breast cancer risk, and management strategies for women at high risk of breast cancer. Dr. Marianne Prout drafted standards of services and the tasks required for breast risk assessment and risk management in order to make providers seeing women at high risk for breast cancer aware of the standards that are being set. These standards have been distributed to all the providers in the Women's Health Group.

The Women's Health Group practice utilizes a distinctive health history form, which is especially geared towards the basic and specialized health and mental health care needs of women, particularly the underserved. This instrument has been translated into Spanish as well as English. The form is comprised of several validated assessment tools originally developed within the practice; it serves to permit physicians and practitioners to efficiently review a woman's entire medical history while allowing time for in depth evaluation of critical areas for prevention and management.

◆ University of California at Los Angeles

The UCLA CoE, the Iris Cantor-UCLA Women's Health Center, provides comprehensive women's health services, including preventive health services. A comprehensive health history form, developed by the CoE, is used to review a range of preventive health issues. Examples include calcium intake (osteoporosis prevention), diet, exercise, depression, and domestic violence. This intake form has been distributed statewide to a variety of healthcare providers.

The Specialty Women's Clinic at the Iris Cantor-UCLA Women's Health Center provides multidisciplinary consultation on a variety of older women's issues, including osteoporosis prevention in special cases, such as in breast cancer survivors and women with illnesses that place them at especially high risk. The Iris-Cantor-UCLA Women's Health Center also provides comprehensive geriatric care, which includes an emphasis on prevention issues important for older women, such as prevention of falls and early detection of dementia.

Faculty of the UCLA CoE provide clinical care for underserved women at the Westside Women's Health Center and the Venice Family Clinic/Burke Health Center, both in West Los Angeles. These CoE programs have expanded preventive care for women by providing expertise on appropriate screening strategies, particularly for older women, as well as clinical services once illnesses, such as hypertension and diabetes, are diagnosed.

The UCLA CoE expanded outreach to uninsured and underinsured women through the Westside Medical Facility. They offered a low cost "Women's Health Package," including breast examination, routine gynecological examination, pap smear, and referral to programs offering low cost mammograms.

◆ University of California, San Francisco

The Comprehensive Perinatal Services Program (CPSP) is a Medical program that provides a model of enhanced obstetric services for

eligible low-income, pregnant and postpartum women. The CPSP client receives ongoing orientation, assessment, care plan development, case coordination, appropriate nutrition, health education, and psychosocial interventions and referrals from a multidisciplinary team.

The UCSF Breast Care Center's Mammography Van is equipped with digital technology, the main advance in mammography, which allows the mammograms to be read in "real time. The UCSF Mammography Van (now known as the CareVan) provides a necessary public service, but also demonstrates the quality and cost improvements associated with a high-volume breast cancer screening program. Free mammograms are offered to low income women.

There are few resources available for low-income women who need to undergo diagnostic testing (diagnostic mammography, fine needle aspiration, biopsies, etc.) if they did not receive their screening mammogram through BCEDP. The Breast Care Center provides for diagnostic tests as well as screening mammograms and ensures that low-income women seen at the van, who do not meet BCEDP income guidelines, will be appropriately diagnosed.

The Gyn Oncology program partnering with the UCSF CoE advises patients and their families of the latest treatment options available and offers timely innovative, and compassionate care in a personal and supportive environment. Services include: screening examinations, especially for ovarian and cervical cancer, and screening mammography.

The Continence Center affiliated with the UCSF CoE launched a website to increase patient awareness of practice, facilitate ease of appointment scheduling, increase awareness of providers and enhance referral volume. The content of the site includes information on the clinic, profiles of each provider, answers to common questions about incontinence, a continually updated page on recent innovations and news articles, and an extensive glossary of terms.

The Mind Over Bladder educational program was designed for anyone who is concerned about female urinary incontinence and interested in learning more about the problem and recommended treatment approaches.

Topics include:

- The Dry Facts About Female Urinary Incontinence;
- Mind Over Muscles: Behavioral Treatments for Incontinence;
- Drugs and Plugs: Medications, Pessaries, and Other Devices;
and
- The Cutting Edge: Surgical Treatment Options.

All speakers are healthcare providers from the UCSF Women's Continence Center. Over 100 women attended the first workshop held in November of 1999. The next conference was held on Saturday, November 11, 2000.

UCSF Women's Health is committed to improving women's awareness of their risk of heart disease, to understanding preventive measures, to advancing knowledge regarding heart disease in women, to translating this into up-to-date care for women and to educating providers regarding gender related issues in heart disease. Dr. Rita Redberg, member of the CoE Clinical Council, specializes in the treatment of women with heart disease in her cardiology practice. In this practice she translates the results of her recent studies on the diagnosis of heart disease into clinical practice. She provides consultations to women with heart disease and who are concerned they may be at risk of heart disease.

The UCSF Postmenopausal Health Consultation Service is a weekly clinic during which Dr. Stephen Cummings provides consultations to women in the areas of:

- Benefits and risks of postmenopausal hormone therapy;
- Alternatives to estrogen for promoting health;
- Prevention of and treatment of osteoporosis, including assessment of risk and interpretation of bone density scans; and

— Options for prevention of breast cancer.

The Postmenopausal Health Consultation Service is designed for women with complex histories, multiple risk factors, and concerns about postmenopausal health, menopause, hormone replacement therapy, and the many options now available for assessment of risks and maintenance of a healthy and active life.

Pharmacists specializing in women's health are available to work with UCSF Women's Health providers and their patients to recommend appropriate therapies and provide education and information about medications, such as hormone replacement therapy. Pharmaceutical care is provided to obstetric, gynecology, and Women's Health patients during patient visits and over the phone by the Women's Health Pharmacist and a Pharmacy Resident.

Along with a comprehensive drug history, all patients are evaluated and may be eligible for services including:

- Teratology screening and consultations to assess appropriateness and risk to pregnant women;
- Selection/prescription writing/counseling for contraception co-management;
- Selection/prescription writing/counseling for estrogen/hormonal replacement; and
- Selection/drug information/counseling for all other pharmacotherapies, especially during lactation.

The UCSF Prenatal Diagnosis Center provides comprehensive counseling, screening, and diagnostic testing for fetal disorders. The patients benefit from the most advanced technology and procedures, and the highest quality of care. Prenatal Diagnosis practitioners perform amniocentesis and chorionic villus sampling (CVS) procedures.

Because the decision to make use of these services is unique for each woman and her partner, preconception and prenatal counseling are available to help women understand their options concerning

prenatal testing. This service is provided by skilled and specially trained genetic counselors. The counseling process also assesses maternal and paternal risk factors, family history, and other potential factors that can indicate risk. Two screening tests are available to help predict the risk of birth defects: the expanded Alpha Feto-Protein (XAFP) test and the Nuchal Translucency (NT) screening. UCSF offers NT screening, a new non-invasive test performed early in pregnancy to identify women at increased risk for Down Syndrome.

One of the most important goals of the UCSF CoE is empowering women and girls with information and skills so that they can make and negotiate the right life choices for themselves that will promote and protect healthy bodies, minds and spirits. No where is this more important than in the teen years. By educating girls, and ensuring that they have diverse opportunities to build skills and succeed, UCSF can help young women rise above the statistics. UCSF offers an array of teen health clinics where young women can receive the care, education and access to resources that will enable them to empower themselves during a crucial point in their development.

An extension of Mount Zion Pediatrics Teen Services, an affiliate of the CoE, offers comprehensive, free and confidential health care for young people ages 12-18. In addition to primary teen health care, Teen Services offers confidential pregnancy and sexuality-related medical care including birth control, STD and HIV testing, extensive counseling on a variety of topics including pregnancy, relationships, violence, and other emotional concerns. Information on employment opportunities, internships, and recreational activities are also provided.

The Teen Clinic offers comprehensive, confidential health care to adolescents. A team of doctors, nurse practitioners, social workers, nutritionists and psychologists provide health check-ups, nutrition consultations, family planning, STD and HIV testing and treatment, and counseling for youth and families.

The UCSF/Mount Zion Young Women's Program, affiliated with the CoE, offers: prenatal care, birth control methods and counseling, gynecological care, post-partum care, nutrition services, social services, medical referrals, breastfeeding support services, and MediCal registration to pregnant and parenting women up to 21 years of age. In addition, infant supplies and free childbirth and parenting books and materials are provided.

◆ Harvard University

The main CoE Clinical Care Center at Women's Health Associates at Brigham and Women's Hospital (BWH), offers all "one-stop shopping" services on site. These services, defined as "one-stop shopping" include primary care, gynecology, mental health, nutrition, and imaging including mammography, bone density, and/or ultrasound. The satellite women's health sites offer most of the services on site.

Brigham and Women's Hospital has launched an ambitious women's health initiative to educate both healthcare providers and patients. Primary care providers are increasingly interested in using algorithms or guidelines to help them with diagnostic and therapeutic decisions. To address this important need, HMS CoE physicians from BWH developed a set of Women's Health Guidelines that serve to inform primary care clinicians and patients about current clinical standards in women's health care. They have completed the writing of the first two sets of professional guidelines with the complementary patient education materials on the topics of Osteoporosis and Cervical Screening. Additional guidelines that are currently in different stages of production include: Hormone Replacement Therapy, Breast Health, Women and Heart Disease, Vitamins and Nutrition, and Musculoskeletal Health. The completed professional guidelines have been distributed to more than 1,000 primary care providers throughout Eastern Massachusetts, and are slated to be posted on the Federal Government Guideline website, www.guideline.gov. The patient education materials are distributed individually through primary

care providers and in response to requests made through the teleservices coordinators.

The CoE hospitals offer women-centered cardiology care that links the latest and most relevant clinical information and research regarding women and cardiovascular disease to the care of women patients. Strong emphasis is placed on prevention and “total” cardiac health and is recommended for women with heart disease as well as healthy women concerned about their cardiac risks. Services include interdisciplinary approaches incorporating exercise, stress management, relaxation response, nutrition, and other risk-reduction programs.

The CoE hospitals provide patient-focused obstetrical and gynecological care. Referrals are directed to any of the CoE institutions as appropriate and according to patient preferences. All screening, prevention, follow-up, and treatment services for the life span of women are provided. Services include:

- Comprehensive services for perinatal patients include: uncomplicated obstetrics, prenatal education program, lactation support services, neonatal care, pediatric care, domestic violence services, mental health services, family planning, specialized nursing care, nutrition counseling, social services counseling, substance abuse services, perinatal outreach including: home visiting, case management services, and transportation;
- General gynecological services and maintenance of gynecological health outside of pregnancy. Screening and preventive services and routine annual examinations include: Pap smears, breast examinations, referrals for mammography, family planning, and menopause management. Therapeutic services include treatment for menstrual disorders, fibroids, endometriosis, ovarian cysts, pelvic pain, and other gynecological problems;
- Comprehensive, multidisciplinary care to women who have genetic concerns, pre-existing medical conditions, or conditions that develop during pregnancy that put them or their babies at risk. Services include: prenatal care, co-management with

community-based obstetricians, high-risk ambulatory and inpatient consultation, ultrasound, genetics counseling, social services, support groups, and nutrition counseling;

- Reproductive endocrinology and infertility providers are devoted to providing high-quality, compassionate, individualized care to persons facing a wide variety of gynecologic and reproductive problems. In addition to medical and surgical care, providers are dedicated to offering emotional support, counseling, and education about reproductive issues;
- Midwifery programs provide an alternative to traditional obstetrical and gynecologic care, with a focus on patient autonomy, one-on-one care from adolescence through menopause and beyond, minimization of technical interventions, and a focus on patient education. Services include: physical and pelvic exams, family planning, education and counseling in nutrition, exercise, physiological and emotional changes, sexuality, breast-feeding, prenatal care, labor support and management, and newborn care;
- The genetics counseling programs provide comprehensive genetic services for patients and their families. Counselors offer information and support to patients regarding abnormal triple screen results, risks associated with advanced maternal age, teratogenic exposures, abnormal ultrasound findings, abnormal amniocentesis or C.V.S. results or significant family histories. Counseling is available for individuals interested in predictive testing for late-onset conditions and for non-pregnant patients who would like consultation for family planning; and
- Gynecologic Oncology clinical programs include: colposcopy and a Pap smear evaluation program; a familial ovarian cancer program that provides risk assessment, counseling, and preventive treatment when appropriate; minimally invasive or non-invasive therapies for some cancers; a stem cell transplant program for the intensive therapy of ovarian and tubal cancers; and intraoperative radiation therapy program; and an outreach program for cervical cancer screening to homeless women, women in prison, and women who are HIV-positive.

The multidisciplinary BIDMC Women's Health and Epilepsy Program approaches the diagnosis and treatment of women with epilepsy via a team approach, involving the patient, her epilepsy physician, an epilepsy nurse, the patient's internist and/or obstetrician-gynecologist, and other members of the program, including social workers, neurocognitive specialists, and resource workers. For women who are considering pregnancy, a customized pregnancy checklist and labor and delivery plan is used to help facilitate communication between members of the treatment team. Patients are seen monthly by their epilepsy physician and nurse to monitor the need for additional medication and to improve health promoting behaviors such as adequate sleep and nutrition in order to decrease the likelihood of seizures during pregnancy. For women who deliver at BIDMC, an inpatient postpartum visit is made by the epilepsy physician to examine both the mother and the new baby. An additional focus is placed upon possible changes in the pattern or frequency of seizures for women approaching menopause. An active research program is maintained, and is open to all patients followed in the program.

The Boston programs to assist the victims of abuse and sexual assault offers significant resources for patients and healthcare providers, and assistance with: risk assessment and safety planning; crisis intervention and on-going supportive counseling; and negotiating, understanding and accessing legal systems. Additionally, these programs provide training to understand the issue of domestic violence and how to work effectively with patients. Because violence against women is a major women's health concern, the HMS CoE incorporates the information from the Boston programs into HMS CoE outreach activities and patient education materials, including the Minority Women's Health Journal.

BWH organizes and facilitates a forum that brings together leaders on domestic violence from the six hospitals that comprise Partners HealthCare System. The primary objectives of the collaborations are: 1) development of practice guidelines to ensure effective and

consistent service provision, training, screening, and intervention protocols, community partnerships, and program evaluation across the health system; and 2) joint assessment of need and program planning for the system as a whole. Joint projects include planning for an emergency safe bed, increasing training capacity, and collaborating with community experts.

The Sexual Assault Nurse Examiner (SANE) Program, BIDMC, BWH, MGH, CoE affiliates, is an initiative with the primary goal of improving the care for victims of sexual assault in Massachusetts through the development of a statewide, standardized method of evidence collection and the provision of high-quality, coordinated care. In addition, the SANE shares with the patient knowledge of available services including rape crisis counseling services, medical advocacy, as well as utilizing and following chain of custody for sexual assault evidence collection kits, reporting to the State/Local Police and the Boston Police Sexual Assault Unit, referring for service from the Massachusetts Office of Victim Assistance, and informing the patient of available shelters.

The Boston Public Health Commission established the Health of Women and Infants Working Group to address strategies for improving the health of reproductive aged women. Dr. JudyAnn Bigby, CoE Center Director and Chair of the Committee to Advance the Health of Minority Women of the HMS CoE is the co-chair of the Health of Women and Infants Working Group (HWIWG). The group developed a project to assess the impact of standardized screening for medical and social risk among high-risk women aged 18 to 45. The assessment tool is comprehensive and is designed to identify issues of particular concern to women of color and other medically underserved women. The results of the assessment are summarized for both women and their providers to assess the impact of providing women with the results as a way of increasing their assertiveness in provider-patient interactions.

The CoE is one of the founding and collaborating members of REACH (Racial and Ethnic Approaches to Community Health)

2010. The goal of REACH is to work with the community of Black women in Boston to address disparities in breast and cervical cancer screening and treatment. A one-year grant from the CDC has enabled a coalition of providers, public health experts, academicians, community activists, churches, and consumers to develop a community action plan that will provide public education; train providers about racial disparities and the unique concerns of Black women in regard to the prevention, screening, diagnosis and treatment of breast and cervical cancer; develop models of care for women; and develop strategies for tracking women in the health care system to ensure adequate follow-up. BWH and the HMS CoE were responsible for carrying out a needs assessment to identify how Black women view breast and cervical risk, screening procedures, and the accessibility of institutions to provide culturally appropriate access to screening and treatment.

◆ University of Illinois at Chicago

The University of Chicago (UIC) CoE Center for Women's Health (CWH) focuses on primary and secondary prevention, utilizing the U.S. Public Health Service's Guide to Clinical Preventive Services, along with ACOG's age-specific Guidelines for Primary and Preventive Care.

The CWH provides obstetrical and prenatal care, and is actively involved in primary and well-woman care, diagnosis and treatment of STDs and vaginitis, cancer screening, and the provision of state subsidized family services. Housed within the CWH are critical ancillary services that include nutrition, social services, and a clinical laboratory. Because approximately 35% of CWH's patients receive prenatal care, the CWH incorporates genetic counseling, ultrasonography, non-stress testing and the opportunity for high-risk referral services, all within the same facility. An important component of the center is the provision for patient education with designated staff wholly devoted to preventive and problem-focused care.

The CoE Psychiatry Department postpartum depression prevention program screens for postpartum depression during early and middle antepartum period. All the postpartum depression prevention team literature has been translated into Spanish; the program also employs bilingual clinicians, nurses, and other clinic staff members.

◆ Indiana University School of Medicine

The Indiana CoE created several new and very important clinical undertakings, including the Weight Management Clinic. Information concerning nutrition and exercise are disseminated to clinic attendees. In addition, a smoking cessation program targeting women is available through the CoE and bone density screening is conducted.

The Saint Margaret's Breast Center, an affiliate of the Indiana University CoE, performs mammograms both on-site and in their mobile mammogram van. The mobile mammogram van is present at events targeting Hispanic women, as well as providing mammograms for uninsured and underinsured Indiana women.

The CoE recently hired Carolina Pimentel as the Hispanic Outreach Coordinator. She is involved in a number of programs to provide information concerning breast and cervical cancer screening for Hispanic women, through the clinics and community health centers. The CoE is currently working on a CD-ROM on STD/HIV prevention targeting adolescent and young adult women, which will be presented in both English and Spanish.

◆ Magee-Womens Hospital

The Magee CoE's 'Womancare' Center delivery model was developed with such components as:

- A commitment to treat a woman with dignity, empower her through education and bring comprehensive and appropriate care to the community; and

- Integration of clinical support and psychosocial services with an emphasis on wellness, prevention and education.

Magee's Breast Evaluation and Cancer Prevention Center offer women, their families and referring physicians facilitated patient and physician access to informational and support services.

In addition to being the first hospital in the region to utilize the Breast Magnetic Resonance system, Aurora, the Magee CoE was the first to introduce Digital Technology. In the fall of 2000, new Digital Technology offered the capability to acquire images in near-real time and to process them. Screen film mammography and GE Digital are equivalent in the screening and detection of breast cancer.

The Magee CoE's Womancare Bone Health Program emphasizes the importance of education and prevention. The importance of prevention during a woman's younger years and intense screening of menopausal women are the directive of the Director, Dr. Susan Greenspan.

Dual energy X-Ray Absorptiometry (DXA) is a procedure that is used in screenings. Magee offers DXA bone density services at all Womancare Centers. Nurse practitioners, educators and outreach workers are trained in its use. Free screening conducted in numerous community settings. Free screens are part of the DHHS Office on Women's Health "Pick Your Path To Health" plan for outreach education.

The Magee CoE Clinic Tan Unit houses the Transitions Program for women over 45, which offers a full range of services specific to peri- and post-menopausal women. The concept is to address the needs of this population in a way that requires the least visits. Every effort is made to schedule physician visits and tests the same day. In addition, Magee's "50+ Program," a division of the Transitions Program, offers free cancer screening and follow-up biopsies to women with no insurance.

The Menopause Consultation and Education Center of the Magee CoE was created to offer education and support to women with questions and concerns about menopause. Each session is individualized to meet each woman's specific needs and there is a significant amount of time, which can be devoted to these issues. The center is staffed by a nurse practitioner with specific education and experience in the care of the menopausal woman. Every attempt is made to increase a woman's understanding of the process of menopause as well as to inform her of the options for treatment and the lifestyle factors which will make this stage of life increasingly productive and enjoyable. The services offered include: individualized education; risk analysis; dietary/nutritional analysis; and individualized discussion referrals and recommendations.

The Magee CoE Women, Infant and Fetal Heart Program is dedicated to the prevention and treatment of heart disease in women and infants through the provision of medical care, research, education, and related support services. These services, to women and infants and the fetus with or at risk for developing cardiovascular disease, are offered in partnership with the University of Pittsburgh Heart Institute. Initiatives that have occurred under this program are:

- To promote screening to support early detection of women's heart disease, the CoE conducted mass cholesterol screenings;
- In an effort to develop innovative approaches to the prevention, risk assessment, detection, early diagnosis and therapy of heart disease in women, the CoE instituted The Heart Check Program; a preventive service offering women a complete cardiovascular risk assessment in order to identify baseline risk for heart disease. A nurse practitioner, who specializes in cardiology, conducts the evaluation and then offers individualized counseling and education on how best to reduce the risk; and
- In an effort to develop, enhance and promote clinical diagnostic cardiology services at Magee, the Women's Diagnostic Heart

Center was created so women could be tested on-site for heart disease. The nuclear exercise stress lab is in full operation and the center also provides echocardiology services on site and event recorders/heart rhythm monitoring as well.

Dietary and nutritional assessment services are available to women at Magee and the Womancare Centers, as are numerous counseling and support groups. Nutrition as part of preventive health maintains as an important part of services for mature women.

A consumer focused educational brochure, ***Women's Health Guidelines*** that describes gender health differences with recommended screening information is being supplied to primary healthcare providers. The brochure is to raise public awareness about women's health issues and to disseminate information on ways to prevent and detect medical conditions that disproportionately affect females.

◆ MCP Hahnemann University

The primary clinical site for the MCPHU CoE is located at the Centers for Women's Health at MCP Hospital. The Centers for Women's Health at MCP is a multidisciplinary clinical program integrating a primary care program, the Center for Women's Health and Wellness, with the Center for Pelvic Floor Disorders and the Breast Center.

An Open House and Health Fair was held at the Centers for Women's Health at MCP Hahnemann CoE on May 12, 2000. Nutrition education/supplements and multiple health screenings were available including: blood pressure, blood glucose, cholesterol, urinary incontinence and memory disorders. Ten minute "Meet the Doctor" appointments were also available so women could decide if they "connect" with the providers.

The Breast Center at MCP and the American Cancer Society have started a Wellness Workshop and Support Group Series for women with breast cancer, and feedback thus far has been extremely positive.

◆ University of Michigan Health System

The University of Michigan Health System (UMHS) CoE provides leadership and support of an ongoing initiative to promote prevention and facilitate intervention of abuse across the lifespan. Efforts are focused within UMHS, the University, and in Washtenaw County, with plans for further expansion throughout other Michigan Counties. In collaboration with the community, the CoE is a national model at the forefront of abuse prevention, identification, intervention, and education for all ages, with a focus on high-risk situations. Specific actions include: collaboration and partnerships; community outreach and education; education (medical students, residents, faculty, nursing, etc.); research; clinical/health services; and employee education and services.

In an effort to determine best practices for abuse prevention, the CoE is in contact with groups in the community, as well as national organizations that provide training for abuse related issues. Included in these groups are the University of Michigan Sexual Assault Prevention and Awareness Center (SAPAC), Domestic Violence Project, Inc./SAFEHouse, the Assault Crisis Center, The Family Violence Prevention Fund, and Physicians for a Violence Free Society.

◆ University of Pennsylvania

Nutrition Services are an integral part of the comprehensive Penn Health for Women program. Nutrition counseling for all ages is provided, as well as specific programs in weight reduction, diabetes, cholesterol control, and adolescent nutrition. The program, The Right Weigh, develops personalized meal plans, follow-up support, including a weight-management group program. The program includes ten weekly classes taught by a registered dietician and clinical social worker from the University of Pennsylvania. Class topics include: hunger awareness, understanding nutrition, healthy relationships with food, determining satisfaction, cooking and shopping tips, overcoming resistance to physical activity, self-awareness, and time/stress management.

◆ University of Puerto Rico

The CoE Clinic develops and implements a women's health care "one-stop shopping" medical delivery model that integrates prevention and early detection within the clinical services practice plan offered by the faculty of the Medical Sciences Campus. Clinical services are focused on primary patient care and include ob-gyn, internal medicine, family medicine, psychological services, nutritional services, reproductive health, clinical laboratories & radiology, referrals, preventive & screening clinics, educational activities, and support groups.

The CoE Women's Health Clinic is currently offering health services in collaboration with the Title X Family Planning Program. The merging of the operation of these two programs with a common objective of providing integral health services for women optimizes available resources in benefit of women. Health education services are available through individual consultations as well as through patient educational activities. Following the first medical visit, if necessary or requested, the patient meets with the Health Education and Training Coordinator for orientation pertaining to the patient's specific health education needs. The Clinical Secretary and the Clinical Coordinator coordinate patient follow-up, including referrals (to other specialties, subspecialties), future office visits, and meetings with the Health Education Coordinator, radiology services and special procedures. Patients are invited to educational activities according to their specific needs and interests. The Clinic's radiological services include, sonography, and bone densitometry exams and will soon expand to include mammography.

An annual Breast Cancer Screening Clinic for female employees is held as part of the commemoration of October as Breast Cancer Awareness Month and to promote the CoE clinical services. The CoE organizes the Breast Cancer Screening Clinic in collaboration with the Oncology Hospital and the CoE Clinic. Participants are referred to the Oncology Hospital and the CoE Clinic. After the mammogram results are in, participants are provided with a medical

appointment at the CoE Clinic for follow up or they may choose to take the results to their own physician.

The CoE's Educational Program MujerEs offers prevention and health promotion conferences around the island through its Conference Hall on Wheels and through radio and television programs. Additionally, bone densitometry tests of the calcaneus are offered free of charge to women attending educational activities. Medical referrals are offered to those obtaining abnormal results.

The Center for Maternal-Infant Studies (CEMI) provides services during pregnancy and beyond to women that live with HIV. One of its most important achievements has been the elimination of perinatal transmission, preventing children of HIV positive mothers from acquiring the condition. In addition, an empowerment model has been developed to help women manage their condition and survive. CEMI uses a multidisciplinary approach that combines Medical, OB-Gyn, Psychiatry, Psychology and Social Work. It is directed by Dr. Carmen Zorilla of the Department of OB-Gyn of the School of Medicine, a member of the CoE Research Advisory Board.

The CoE Director, Dr. Delia Camacho, is an active member of the private foundation "Fundacion para un Puerto Rico Saludable" (Foundation for a Healthy Puerto Rico). The foundation was created in an effort to collaborate with the Government of Puerto Rico and with other governmental and nongovernmental organizations in the identification and analysis of issues that affect health care services in Puerto Rico; and to present recommendations to address them, particularly those pertaining to modifications and adjustments to the current health care reform effort. The foundation is composed of members from various disciplines, including pharmacy, public health, medicine, and representatives from industrial and health services sectors. A report containing an analysis of previous studies and recommendations was submitted to the new governor of Puerto Rico in May 2001. Consequently,

foundation members met with the President of the Commission of Health of the Puerto Rico Senate and with representatives of medical health insurances in an effort to present the foundation's point of view. The provision of integrated health services for women constitutes one of 13 recommendations in the foundation's report.

◆ Tulane/Xavier Universities of Louisiana

The CoE's Breast Health Program has been highly successful. The program provides comprehensive breast health screening in a private, confidential setting. There is a separate waiting area for women and private changing areas for breast health patients. Patients are screened with breast exams performed by a highly trained nurse and breast self-exam techniques are taught to patients as a part of their routine visit. Mammograms are performed and read immediately by a dedicated breast health radiologist. If suspicious breast lesions are identified by exam or mammography, ultrasound exams or breast biopsies can be performed the same day to help expedite the evaluation. Women are given the results of their mammograms before leaving the Breast Health Clinic. If a diagnosis of breast cancer is made, the woman will meet with a surgeon prior to leaving the hospital. At this time, she and the surgeon will determine her schedule for further treatment. The Breast Health Clinic is open daily.

Bone health is increasingly being recognized as a concern for both African American and Caucasian women across the Deep South. Osteoporosis screening, prevention and treatment have been incorporated into the Women's Health Clinic. Bone density screening is available in the Gynecology Clinic at the CoE. Bone density testing is available on a daily basis and can be readily scheduled by CoE staff. A heel densitometer was donated to the Center of Excellence in 1999 to enhance bone health research and bone density screening. Osteoporosis preventive education is delivered primarily by Gynecology and Primary Care clinicians as well as nurse educators and nutritionists. The evaluation and treatment of women

with osteopenia or osteoporosis is largely provided by Endocrinologists and Rheumatologists. Drs. Ronald Clisham and Jeanette Magnus have active research programs in the areas of osteoporosis and bone health.

A number of programs are available to assist and treat women diagnosed with obesity. Obesity is a common problem for women across the South, and particularly in the greater New Orleans area with its focus on food. Nutrition education and evaluation is available daily in the Women's Health Clinic. Trained nutritionists are available to advise patients about healthy eating and exercise. For patients with severe obesity, a new obesity management clinic has been established in the Endocrine and Women's Health Clinics. Dr. Vivian Fonseca is the medical director and Erin McNeil, L.D., R.D.E. serves as the nutritionist for this program. The obesity management clinic meets every Thursday afternoon. Additional resources for weight management include behavior modification therapy that is available at DePaul Mental Health Center, and exercise counseling through the Reily Center at the Uptown campus.

The primary focus of the Hutchinson Clinic is health promotion and disease prevention, while maintaining the primary care role of the clinic. Patients are referred to the Women's Health Clinic through the CoE referral line, the Emergency Departments and specialty clinics of MCLNO, other LSU-HSC hospitals and clinics, Tulane faculty and resident referrals, and community health screenings. If patients are receiving care in another primary care clinic of MCLNO, referrals are not permitted. Patients are very devoted to Hutchinson clinics because of the excellent care provided by Tulane students and the dedicated nursing staff.

The Women's Health Clinic at the New Orleans Veterans Administration Medical Center (VAMC) has been in existence since 1994. This clinic serves as a primary care clinic for eligible women with former military careers in the United States Armed Services. The clinic is open 4 ½ days per week and is staffed by eight physicians and nurse practitioners. The clinic provides a variety of

vital health services for women including gynecology, preventive health, urology, mammography, contraceptive services and mental health.

Now that the Women's Health Clinic is fully functioning, they are working to develop programs that will improve access to care for women with special time demands. Since the Women's Health Clinic registration desk has access to all of the scheduling systems throughout the hospital, it is possible to coordinate comprehensive health screening for women. This will provide one-stop-shopping in a user-friendly and time-efficient manner. Under this program, women would have gynecologic, primary care, mammography and laboratory needs met on a same-day or same-morning basis whenever possible. Follow-up for these preventive health maintenance services would be provided during a clinic visit or phone call, a mailed report or even e-mail when appropriate. When follow-up evaluation, treatment or medication is indicated, the Women's Health Clinic would schedule and coordinate the follow-up care. For women that do not require additional evaluation or treatment, a yearly reminder would be mailed to the patient to help facilitate the scheduling of appropriate health screening.

The CoE is planning to review and implement relevant clinical care guidelines that are appropriate for the optimal care of women throughout their lives. These would include screening and treatment guidelines on diseases such as hypertension, breast cancer, heart disease, osteoporosis, AIDS and obesity. Guidelines from a variety of national and international organizations including the National Institutes of Health, Centers for Disease Control and Prevention, World Health Organization, American Cancer Society, American Heart Association, American Diabetes Association and the Osteoporosis Foundation would be used. CoE patients and clinicians, as well as regional health providers, will be educated on the appropriate use of these guidelines for disease prevention and treatment in women.

The CoE Mobile Clinical Services Project was initiated in 1999. The community assessment yielded a lack of preventive medical services. Most respondents voiced interest in mobile clinical services, and expressed excitement at the possibility of services particular to their communities' needs being available at their doorsteps. Desired services included: healthy women programs, such as mammography and Pap smears; healthy baby care such as prenatal and other screenings and immunizations; and screenings for vision, blood pressure, cholesterol, and sexually transmitted diseases. All communities expressed a desire for preventive and promotional health programs.

The Latino population in the Redwoods community has received the initial community outreach services provided by the CoE and the Greater New Orleans Immunization Network in this phase of the Mobile Clinical Services initiative.

◆ Wake Forest University

The CoE held its grand opening in celebration of their new Coordinating Center space for the community on April 14, 2000. Approximately 200 visitors browsed through the Resource Room and met women's health care providers who were available to answer questions on various women's health issues. Visitors enjoyed a special photography exhibit entitled "Women Spanning a Lifetime" created by local high school students. Free screenings were also available for women to learn more about their health and, if necessary, get appropriate care from a health professional, either through the CoE clinic or through their primary care doctor.

The Women's Health Clinical Services at the CoE focus on offering comprehensive primary care services to women across the lifespan. Because women have different needs at different life-stages and prefer choices in their health care, the CoE offers several options for clinical care. Gender-specific specialty services are available upon referral.

All women's health program physicians share a philosophy of providing comprehensive clinical care to women, screening for chronic conditions and encouraging health-promoting behaviors. The physicians believe in sharing health information and treatment options openly with their patients. They facilitate easy, convenient access to the health system to the greatest extent possible. Practices have a preferred referral arrangement with the Gynecology clinic, which allows patients referred from the Women's Clinic to be seen within 1-3 days after being seen in the Women's Health Program, and ensures that they will be able to be seen within the Medical Center.

A nurse midwife and obstetrician provide prenatal care, breast care and Spanish interpretation in the CoE Living Water Clinic. Clinic staff facilitate access to social services within the community for the patients seen, including domestic violence services, WIC subsidies, transportation, enrollment in Medicaid, referral to additional health services. In addition, they collaborate with other agencies and organizations to help meet the basic subsistence needs of the women they serve. The Living Water Clinic includes a volunteer physician assistant in OB/GYN who will conduct colposcopies at the clinic. Also, Living Water now offers mammograms to their patients. The Clinic provides health education to Living Water patients, the Maternity Care Coalition, and the Clothes Closet at Green Street United Methodist Church, as well as a pharmacy fund to help Living Water patients purchase medications. Living Water was also selected as one of the sites to receive funding from The Infant Mortality Coalition to train lay health educators. The Coalition will train these outreach workers who will go into the community surrounding Living Water to educate residents.

The Breast Care Clinic, designed to provide a seamless system for women who have been newly diagnosed with breast disease, recently relocated to the Surgery Clinic, and is open on Wednesday and Friday afternoons. The new space afforded the

program seven additional exam rooms. Each patient is followed by a breast care coordinator who guides the patient through the system. If cancer is found, the physicians and coordinator work with the patient to develop an appropriate treatment plan. Medical and surgical oncologists, radiation oncologists, plastic/reconstructive surgeons and clinical trials coordinators are part of the team, and appointments with the appropriate specialists can be made within days, rather than weeks. A patient educator is available during clinic hours for patient education and risk assessment evaluation.

The CoE Family Medicine clinic offers a weight management program, including dietary and physical activity assessment, and a smoking cessation program.

The CoE collaborates with the Family Medicine Weight Management Program to offer their comprehensive program of clinical assessment, healthy eating, physical activity and lifestyle changes, to more women in the community.

Finally, the CoE developed a referral network of providers and practices that offer gender-specific care to women. Referrals to cardiology, urology and many other specialties are included in the referral network.

◆ University of Washington, Seattle

The UWMC-Roosevelt clinics are supported by a strong complement of ancillary support services, including the Exercise Training Center, laboratory, pharmacy, general radiology, bone-density scanning, computed tomography (CT) and magnetic resonance imaging (MRI).

The CoE provides mental health services and, in addition to provision of psychotherapy and medication evaluation, diagnosis and treatment of sexual dysfunction are addressed in weekly clinics. Specialty consultation is also available through referral, to the on-site

Osteoporosis Clinic and the Menopause Clinic. Nutrition services are available for both patient and provider education. Pharmacy consultation services include the Smoking Cessation Program, Anticoagulation Clinic, and general consultation regarding complex medication questions.

The CoE placed a computer in the patient waiting area, where patients can access health information. This terminal is also a testing site for IRB-approved research on women seeking to determine personal risk profile for menopause-related risks through validated web-based decision-making software in a study called Physician Policies in Preventive Hormone Therapy. A small library of books and pamphlets is available to patients in the waiting area, along with order forms that patients can use to order their own materials.

The Breast Care Clinic located within the HMC WC provides on-site mammograms, breast ultrasounds and breast biopsies. Women, Infants and Children (WIC), Maternal Support Services (MSS), smoking cessation programs, substance abuse counseling and outpatient treatment, nutrition and pharmacy services are all available to patients. Mental health assessment and crisis intervention are provided with provision of on-site referral for long-term mental health services. The Women's Clinic has developed a multi-disciplinary Teen Pregnancy Clinic, which provides comprehensive services for homeless and minority teens.

Some important women's health care services available through the CoE's HMC Women's Clinic (HMC WC) include the Community House Calls Program, Ethnomed, the Sexual Assault Center, the ALTS Project and the Northwest Family Health Center:

- The Community House Calls Program coordinates primary care for immigrant and refugee families through bicultural caseworkers. The program involves students and residents in

community education and clinical care and trains providers in cross-cultural communications.

- Ethnomed was a joint project between the University of Washington Health Sciences Library and HMC's Community House Calls Program. It is an electronic database that contains medical and cultural information on refugee groups in the Seattle area. It is designed to be available in neighborhood or school clinics, hospitals and clinics, so that information can be accessed prior to, or during, a patient visit. A practitioner can download patient education materials from Ethnomed to give to a patient.

A new Patient Resource Center with educational materials was developed at HMC in September 1999. The Center is located directly across from the main pharmacy with a lighted system in the resource center indicating the number of the pharmacy transaction being processed so that the patients waiting for medications can obtain materials from the resource center while conveniently waiting for their medications.

The CoE web site has women's health education materials. These materials will be culturally and linguistically appropriate so that regional community clinics can access this information. This project is planned through collaborations with existing interpreter services at Harborview Medical Center, the Community House Calls Program, the Directors of EthnoMed, a web-based ethnic medicine guide, and the Patient Resource Education Center.

The UWMC Maternal Infant Care Center (MICC) offers state-of-the-art antenatal and perinatal services, as well as an option for continuing primary care after delivery. The MICC staff work closely with the local Public Health program in providing intervention for high-risk pregnancy. Patients are screened for psychosocial risk factors, those identified to be at high risk are then assigned nurse case managers to provide supportive services and to facilitate in compliance and follow-up issues.

◆ University of Wisconsin, Madison

Information Systems at UW Health has instituted a new program for tracking screening of Women's Health Clinic patients with respect to: mammography, pap smears, flexible screening sigmoidoscopy, fecal occult blood testing, and cholesterol screening.

A prevention screening intervention continues at the CoE in the Meriter Health Systems. Meriter Hospital systems is also partnering with community services to establish a domestic violence screening and identification program.

Research

◆ Boston University

The Women's Health Unit at BU has developed a model of integrating clinical care with innovative women's health research, and translating the findings of their investigations back into the clinical and medical education missions of the Center.

Investigators in the Center have developed and evaluated a number of clinical protocols in preventive medicine, including screening tools for eating disorders and domestic violence that are now used in the clinical intake form within the Center and across the country. Research demonstrating the role of physicians in the low rates for mammography and clinical breast examination in certain populations, have led to the evaluation of innovative techniques to improve medical education in this critical area of women's health.

Active research projects and co-investigators with the Women's Health Unit include the following:

- 1) Primary care provider attitudes in breast cancer chemoprevention;
- 2) Physician attitudes to medical abortion;
- 3) Attitudes towards breast and cervical cancer screening in Haitian American women;

- 4) Development of measures of repeat mammography; and
- 5) Measures of outcomes in breast and cervical cancer screening

◆ University of California, Los Angeles

Prevention and women's health is a major focus of the research program of the UCLA CoE. Dr. Gail Greendale, CoE Research Director, focuses on prevention in older women, particularly in the areas of menopause, osteoporosis, and falls. Dr. Allison Diamant, Associate Research Director, has a special interest in care, including preventive care, delivered to underserved populations, including minority women and lesbians.

Research studies focusing on prevention conducted at the CoE, the Iris Cantor-UCLA Women's Health Center, have included the Cancer Prevention Trial, the Study of Women Across the Nation (biological, psychological, social, and emotional experiences of women in midlife, the CoE focuses particularly on Asian-Pacific Islander women), Breast Cancer and Menopause Study, and the Bone Health in Female Runners Intervention Trial (B-Fit).

◆ University of California, San Francisco

Women's Health 2000 is an annual partnership event between the Obstetrics and Gynecology Research and Education Foundation and the UCSF CoE for the benefit of women in the greater San Francisco Bay Area. The program provides vital health research information and knowledge specific to women's health. The event is open to the public at a nominal fee and over 500 women attended last year. The day begins with a keynote speaker who is well known for her advocacy in women's health. Participants can choose from among workshops throughout the day which address health issues that span a woman's life. Each participant receives ***The Resource Guide for Women's Health 2000***, which provides useful information on a wide range of women's health topics.

The Center for Aging in Diverse Communities (CADC) was established with a mission to decrease racial disparities in health by

focusing on research in disease prevention, health promotion, and disability prevention for African American and Latino elderly. Recognizing that working directly with the Latino and African-American elderly in the community will provide invaluable information about what research is needed, the Community Liaison Core of the CADC ensures the representation and participation of African American and Latino community members in aging research by bridging the resources of communities and research institutions. The Community Liaison Core creates linkages between research institutions and community based organizations that aim to decrease racial and ethnic disparities in the health of older African Americans and Latinos. An infrastructure at CADC is being developed to support the on-going participation of community-based organizations and ethnically-diverse populations in aging research to address issues of concern to African American and Latino communities. In addition, the center is establishing a community-based network to facilitate the recruitment and retention of research participants in clinical, behavioral, epidemiological and social science studies conducted by investigators affiliated with the CADC, as well as other researchers focused on the health of minority populations. The Community Liaison Core develops and evaluates effective channels both locally and nationally to address the need to disseminate research methodologies and recruitment strategies. Dissemination of this information is an essential part of the plan to increase the participation of culturally diverse older adults in health research. Dr. Gina Moreno-John who received one of the UCSF CoE Junior Faculty Awards became the co-leader of the CADC Community Core in 2000.

The UCSF CoE is committed to increasing access to health information and research through the translation of materials into multiple languages and has developed a translation infrastructure that includes computer technology and teams of translators who work together to ensure accuracy of translations. Individuals who speak an APIA language report much higher rates of inability to speak English “very well.” As such, the UCSF CoE has focused it

attention on the translation of materials into the most common APIA language in San Francisco, Chinese. The UCSF CoE conducted Chinese translation for its Women's Health Resources Center and for San Francisco General Hospital on women's health topics ranging from dysplasia to urinary incontinence. In the Spring of 2000, the UCSF CoE completed the Chinese Health Guide translation.

The UCSF CoE is committed to promoting the dissemination of information through the community information network. This requires the development of partnerships with government representatives, programs, and agencies; business, scientific and professional organizations; women's advocacy and consumers organizations; and schools and other educational entities. By providing information through the lay press/media, sponsoring and participating in conferences, training advocates and providers, and developing health education materials, the UCSF CoE ensures the successful implementation of the final step in its research agenda.

The Center for Lesbian Health Research is specifically and uniquely concerned with health and wellness issues about lesbians, bisexual women, trans-gendered individuals, their families, and health care providers. The Center's mission is to:

- Conduct research, education, training and public service, reflective of a broad vision of health and wellness and a strong commitment to community collaborations;
- Engage in health research on lesbian, bisexual women, and trans-gendered individuals using the research skills and experiences of reputable UCSF faculty, as well as other nationally recognized collaborators;
- Serve as an ongoing forum for the research community and the lesbian, bisexual women, and trans-gendered communities to participate in research; and
- Ensure that the results of the Center's research will be used in a board range of settings, from clinical care applications to policy implementation.

The Institute for Health & Aging (IHA) fosters multidisciplinary collaborative research, education, and public service in the fields of aging and health. The work of the Institute is further extended by the Center for Clinical and Aging Services Research (CCASR). This provides community and clinical settings for the Gerontological research training of students and advanced scholars. Institute research is in the areas of chronic illness and health status; long term care financing and cost studies; long term care organization, delivery systems and services; and special populations (e.g., Alzheimer's and AIDS). Recently, IHA broadened its research agenda to include, disability, substance abuse, disease prevention, chronic illness, health promotion, safety, mental health and women's health.

The Center for Aging in Diverse Communities (CADC) at UCSF is one of six national centers established with a grant from the National Institute of Aging, the National Institute of Nursing Research, and the Office of Research in Minority Health. CADC was established with a mission to decrease racial disparities in health by focusing on research in disease prevention, health promotion, and disability prevention for African American and Latino elderly. Recognizing that working directly with the Latino and African-American elderly in the community will provide invaluable information about what research is needed, the Community Liaison Core of the CADC ensures the representation and participation of African American and Latino community members in aging research by bridging the resources of communities and research institutions. The Community Liaison Core creates linkages between research institutions and community based organizations that aim to decrease racial and ethnic disparities in the health of older African Americans and Latinos.

The Center for AIDS Prevention Studies (CAPS) was established in 1986 to promote collaboration and multidisciplinary research on the prevention of HIV infection and disease. Several characteristics make the center unique: it is interdisciplinary, multiethnic, multi-

institutional, and located in an area of high HIV prevalence. Primary prevention—keeping people from getting infected by HIV—has been the main focus of CAPS’ research activities in the first decade of the epidemic. This work is now being supplemented by research on secondary prevention—ways to delay the progression of disease, reduce its severity, and cope with its psychological and social consequences. CAPS also collaborates with bay area institutions outside of the university that are committed to and responsible for HIV prevention, including the health departments and community-based organizations. Through these partnerships, CAPS links more than 200 San Francisco bay area investigators with expertise in epidemiology, behavioral medicine, biostatistics, biomedical and basic sciences, survey research, substance abuse, ethics, public health, international health, and health policy research and analysis.

The University of California, San Francisco created the AIDS Research Institute (ARI) in 1997 in recognition of its continued obligations to the people of the city of San Francisco, the US and the world to work as hard and as effectively as it can to forge significant scientific advances to prevent, understand and treat HIV infection. The ARI is a center “without walls” and is charged with the overall responsibility for AIDS research program planning to integrate basic, clinical, and prevention activities at UCSF.

The Center for Health Improvement and Prevention Studies (CHIPS) is a multi-disciplinary research team which aims to improve health outcomes by conducting clinically relevant research that is responsive to the changing health care delivery system. The goals of CHIPS are to: (1) identify behavioral risks and patient, provider, and systemic barriers to optimal health care delivery; (2) design and test innovative interventions to reduce these risks and barriers; (3) develop new methods of providing optimal health risk assessment and prevention counseling using the latest medical education technologies; and (4) disseminate our research findings to influence health policy.

◆ Harvard University

The Gillette Centers for Women's Cancers (DFCI/BWH and MGH) are located at two sites within the CoE: the Dana Farber Cancer Institute/BWH and MGH. The Gillette Centers were opened in November 1997 to provide multidisciplinary care to breast and gynecological cancer patients. The Gillette Centers offer an array of comprehensive clinical services to meet patients' needs, including multidisciplinary consultation, state-of-the-art treatments, genetic counseling, individual and family counseling, breast and cervical cancer screening and education programs in underserved communities, nutrition services, and physical therapy. In addition, working committees, consisting of physicians from numerous specialties from all participating institutions, conduct a series of clinical studies in cancer treatments. Physician and laboratory researchers are pioneers in their work and success in the use of "combination chemotherapy" to treat many forms of cancer. The Center's researchers have also succeeded in the discovery and application of the CA-125 blood test for ovarian cancer.

On March 30, 2000, the HMS CoE and the HMS CoE Committee to Advance the Health of Minority Women presented "Diverse Women Celebrating Wellness in the New Millennium: Strategies for Women and Providers." Over 150 people attended this conference, which included presentations on the latest research of various issues of health concern to minority women, promoted wellness for women of diverse cultures, and offered a space to begin an important and continuing dialogue between health care providers and women.

◆ Indiana University

The research agenda developed by Dr. Victoria Champion, Indiana University CoE Research Director, and her Advisory Group includes: prevention, early detection, treatment, and symptom control of breast, ovarian, and uterine cancer, as well as, adolescent preventive health services.

Dr. Anna McDaniel, a University of Indiana CoE participant in the mini-grant program received a grant from the Office of Women's Health at the Indiana State Department of Health, the Indiana Commission for Women, and the CoE, for her proposal to develop a computer game to help educate children and adolescents about the avoidance of tobacco.

◆ Magee-Womens Hospital

To facilitate clinical research at a "grassroots" level, Magee Women's Research Institute supports a clinical research nurse who serves as an ombudsman for research nurses and maximizes the efficiency of usage of clinical research personnel. Labor and Delivery nurses were assisted preparing their research presentation of the benefits of aromatherapy at a regional March of Dimes conference.

Collaboration with the Heart Health Program will start in fall of 2000. Research nurses will be involved in community health cholesterol screenings. This will benefit community outreach and recruitment for research studies.

Magee-Womens Hospital CoE introduced an Internal Medicine clinic. The Clinical Director is involved in clinical research and has several motivational interview projects underway with the residents that include smoking, drinking and "fragile" families; depression research using telephone follow up and collaborative work with the Western Psychiatric Hospital and the police ("Mom and Cops") whereby the police are given information on Back to Sleep (a program with the National Institute of Child Health and Human Development, National Institutes of Health, about the importance of a baby sleeping on his or her back) and educate when appropriate in homes.

◆ University of Pennsylvania

The Weight Control for Black Women's Cardiovascular Health project is a collaboration with the National Black Women's Health Project (NBWHP), a black women's organization with headquarters

in Washington, D.C., and the University of Pennsylvania CoE. The aims of the project are to: 1) guide the NBWHP leadership in the development of a weight management and health promotion program to be tested and used in three countries in the Caribbean. The study contributed to previous studies on knowledge, health practices and application of research to promotion of health and, in this case, specifically to breast cancer in women 50 years of age and older. For 2001, the project has evolved into a Caribbean Interchange on Breast Cancer as a Health Issue in Middle-Aged and Elder Women. The project focuses on establishing a dialogue among participating countries of the Caribbean for collaboration in the area of epidemiology of breast cancer and the establishment of health education programs for middle-aged and elder women.

◆ University of Puerto Rico

Dr. Delia Camacho, CoE Center Director, was Co-investigator of a collective project conducted in the year 2000 on Caribbean Interchange of Health Promotion Programs for Middle-Aged and Elder Women. Dr. Melba Sanchez Ayendez, member of the CoE's Advisory Board, directed the project. It was based on the need to acquire knowledge of the aging process in women, on her health status and general issues around which aging occurs and on the experiences that women face during the aging process. The study focuses on women's health status with an emphasis on breast cancer, with the objective of designing a health promotion program to be tested and used in three countries in the Caribbean. The study contributed to previous studies on knowledge, health practices and application of research to promotion of health and, in this case, specifically to breast cancer in women 50 years of age and older. For 2001, the project has evolved into a Caribbean Interchange on Breast Cancer as a Health Issue in Middle-Aged and Elder Women. The project focuses on establishing a dialogue among participating countries of the Caribbean for collaboration in the area of epidemiology of breast cancer and the establishment of health education programs for middle-aged and elder women.

The CoE is cosponsoring the Adolescent Research and Education Project, directed by the CoE Clinical Director, Dr. Josefina Romaguera. The project began in 1998 and is currently in its last year. It aims to reduce risk-taking behaviors in adolescents in public schools in the 7-12th grades by educating them on the benefits of healthy lifestyles. The project is organized around teaching modules on nutrition, exercise, decision-making and negotiation skills, sexuality, drug and smoking prevention, sexually transmitted diseases and pregnancy prevention. The project is also sponsored by the Department of OB-Gyn of the School of Medicine, the Puerto Rico Department of Education, the Puerto Rico Department of Health, and a pharmaceutical company.

◆ Tulane/Xavier Universities of Louisiana

A number of school-based prevention research programs in the SPHTM have been implemented in recent years and are germane to Women's Health. The applied school-based epidemiological and health promotion studies illustrate the CoE's ability to work effectively within school systems and to implement well-designed studies that include chronic disease behavioral risk factor reduction and prevention. The personnel involved in these projects represent many disciplines, e.g., research design and statistics, psychology, health, nutrition and physical education, and community health science. Core Directors Dr. Webber and Dr. Johnson are involved in every one of these programs. The CoE is therefore gradually increasing its involvement in school health and adolescent health programs.

◆ Wake Forest University

The Research Program of the CoE holds a monthly Women's Health Seminar Series. This series covers a broad range of topics and is designed for health care professionals and researchers from any discipline. Below is a list of topics that have been held related to disease prevention and health promotion:

- Weight Control Issues for African American Women: Does Being Healthy Mean Being Thin?;
- Soy and Breast Cancer Risk;
- Clinical Manifestations of Eating Dysfunction;
- Osteoporosis; and
- How to Screen and How to Help Survivors of Intimate Partner Violence in the Health Care System.

Researchers at the CoE have been leaders in the area of heart disease and women's Health. Dr. David Herrington has provided talks to researchers and physicians on the "Trials and Tribulations of Hormone Replacement Therapy for Prevention of Heart Disease" here at the Medical Center and across the country.

Two large clinical trials, The Study of Health Outcomes of Weight Loss, and Prevention of Cardiovascular Disease Among Diabetics, have begun at WFUBMC that involve collaborations with women's health researchers and the CoE.

◆ University of Washington, Seattle

A focused survey was completed in 1997 on the reproductive health needs for Indochinese women residing in Seattle, Washington, under the auspices of Ms. Matsuda and Region X of the U.S. Department of Health and Human Services and the University of Washington CoE. This was one of very few studies conducted on this relatively small population with distinct health needs. The report focused on reproductive health care needs of Vietnamese, Cambodian and Laotian women. Among the significant findings were that few participated in preventive health care screening for breast and cervical cancer and that the need for linguistically and culturally sensitive education and clinical services is paramount.

The de Tornay Center on Healthy Aging addresses issues and priorities for aging with particular emphasis on the large and growing population over age 65. The increased challenges to health and independent living, the need for new models for organization and delivery of health care services for older adults, the need for education

and research, and the increasing emphasis on self and community responsibility combine as driving forces in the work of the CoE.

◆ University of Wisconsin, Madison

CoE faculty travel to northern Wisconsin to facilitate entry of Native American women and girls into research to decrease teen pregnancies and high-risk sexual behavior.

The CoE Research Director has identified barriers to accessing mammography and in a randomized clinical trial, was able to show improvements in mammography rates in black women.

Working with the CoE, the School of Pharmacy has a registry of all the nuns who participated in osteoporosis screening with permission to re-contact them for future information.

Professional Education

◆ Boston University

The diverse faculty in the CoE facilitates curriculum changes in a number of departments, including family medicine, obstetrics and gynecology, and internal medicine. CoE directors are active in the recruitment and selection process of medical students to these residencies and assist in recruiting students with an interest in women's health to these competitive programs. The two women's health clinical centers have developed three elective rotations for any resident. The first is a 3-4 week rotation. This rotation seeks to incorporate the spectrum of women's health, and includes primary care practice, mental health, bone health, breast health and gynecology, among others. Goals of the rotation are to refine some primary care skills, and to gain exposure to both the breadth of women's health and the comprehensive model of care.

The Breast Health Center provides a separate elective rotation. Meeting two half days weekly, medical students, residents in internal medicine, gynecology and obstetrics and family medicine, and

surgery, and fellows in women's health rotate through the practice. Evaluation and management of women at high risk for breast cancer is included.

The senior medical student rotation in women's health is structured similarly to the residency elective. However, the activities and goals are different. While residents perform much of their work independently with supervision, students spend more time shadowing preceptors to gain a broad exposure to women's health. Basic clinical skills are emphasized, including screening of behavioral health issues. Dr. Marianne Prout, Co-Director at the CoE, has developed practice guidelines for evaluation and management of women at high risk for breast cancer. Dr. Brian Jack, CoE Curriculum Director, has developed a family medicine women's health curriculum including topics in Screening for Cervical Cancer and Adult Health Maintenance.

The CoE faculty and women's health fellows have conducted numerous additional training to internal medicine and family medicine residents. This includes preconception counseling.

The Women's Health Fellowship program at Boston University is a collaborative training program between the BVACM Women Veterans Health Center and BMC's Women's Health Unit, with Susan Frayne, MD, MPH as the director, and Karen Freund, MD, MPH as co-director. The training program includes a curriculum in preventive medicine. Clinical skills are refined through continuity practice in both the BMC and VA women's health practices, which have distinct patient populations. Specialized clinical training in women's health care is available. This includes breast health, bone health, and mental health.

The VA Boston Healthcare System runs a separate women's mental health post-residency program. Each year, three predoctoral clinical psychology interns, 1-3 postdoctoral psychology fellows, and one psychiatry fellow are competitively selected to receive training in the program. In addition to training in assessment and treatment,

interns and fellows participate widely in learning multidisciplinary team settings where early detection, preventive methods, and behavioral wellness approaches are emphasized. This interdisciplinary model involves regular contact and exchange with general practitioners, specialists, and subspecialists in women's health.

The CoE Women's Health Clinical Training Institute develops and administers training programs on important topics on women's health throughout the Commonwealth of Massachusetts. The program has expanded to include cardiovascular disease prevention, including diabetes, nutrition and exercise prevention, cholesterol management and smoking cessation. Programs span the breadth of health care providers, including physicians, nurses and advanced degree nursing, radiology and cytology technologists, and allied health professionals.

By obtaining exposure to and feedback from skilled professionals, the Women's Health Clinical Skills Pre-course provided clinicians with an opportunity to improve both their clinical breast examination and pelvic examination skills. The course has been developed to provide participatory learning through discussions and workshops, as well as by lecture format. Interactive and lecture workshops that were offered include: coronary artery risk factors; osteoporosis: prevention, diagnosis and management; pre-conception counseling; menopausal risk assessment; and stress relaxation techniques.

◆ University of California at Los Angeles

Under the auspices of the UCLA CoE, a weekly CME case conference is held at the National Model Center. "Strategies for Prevention of Breast Cancer," "Vaccinations and Women," "Cardiovascular Disease Prevention," "Assessing the Risk of Breast Cancer," "Juggling Continued: Maximizing the Balance Between Home and Career," and "What's New in Women's Health on the Internet," were a few topics presented.

Under the leadership of Dr. Alan DeCherney, CoE co-Director, a new maternal-fetal required 3rd year medical school rotation was initiated. Replacing prior Ob/Gyn and pediatrics required rotation, this rotation now includes didactic sessions on comprehensive issues including personal interaction and communication skills, and preventive care and health maintenance.

Dr. Jodi Friedman and Dr. Janet Pregler, Director, UCLA CoE, have continued to refine the internal medical residency curriculum at the UCLA CoE, adding information on breast cancer prevention and hormone replacement therapy.

The CoE sponsors a yearly CME course of physicians, nurse practitioners, and physician assistants. Over 600 clinicians from California, as well as the Western U.S., have attended. Topics have included updates on preventive health screening guidelines, prevention of osteoporosis and coronary artery disease in women, cancer screening, and approach to the preventive aspects of the treatment of menopause. The CoE has also partnered with large health insurers in California to provide materials, such as screening intake forms, to clinicians throughout the state.

◆ University of California, San Francisco

The UCSF Women's Health Resource Center has developed a comprehensive internship experience for women interested in health education. These opportunities are part of the larger UCSF CoE Women's Health Internship Program and are designed to provide exposure to all aspects of the Resource Center operations, program development, and patient education services. Since July of 1998, the Resource Center has had 18 interns ranging from high school students interested in health care as a field of study to college students enrolled in health education programs to a mid-career professional interested in giving back to her community.

The working relationship between the UCSF CoE and the UCSF Institute for Health & Aging (IHA) has developed into an important internal community partnership. The IHA is

implementing the California Osteoporosis Prevention and Education (COPE) program with the California Department of Health Services (CDHS). This program qualifies as a women-focused initiative falling under the category of chronic conditions. The COPE program is a collaborative effort between IHA and CDHS with the major goals to:

- Educate physicians and other health care providers;
- Promote public awareness of the causes and prevention of osteoporosis; and
- Implement effective interventions and protocols to reduce falls and fractures.

The CoE has pursued change where possible at the individual course or clerkship level. Below are detailed two of the new initiatives and changes, which have or will improve the training in UCSF Medical School Curriculum:

- Physiology Course Director is promoting an increased emphasis on health promotion and an approach to endocrine disorders which emphasizes a return to homeostasis rather than the treatment of identified disease because it more closely approximates women's own perceptions of and approach to their health needs; and
- Amy Fang, a former CoE intern and now a second year medical student has organized a student elective entitled UCSF Body Images. UCSF Body Images is a student run organization and support group dedicated to promoting awareness of ethnic and gender stereotypes in the media and how these stereotypes are related to issues of self-esteem and eating disorders. The goals of this program are multi-faceted: to raise awareness of eating disorders among medical students, 20% of whom are estimated to be experiencing an eating disorder; prepare medical students for recognizing and caring for patients with eating disorders; and finally, to disseminate information to elementary, junior high, high school students as well as college students within San Francisco.

An important innovation within the clinical years is the creation of a longitudinal clinical experience for the medical students. The central component of the Partnerships for Longitudinal Ambulatory Care Education (PLACE) curriculum is a new ½ day a week ambulatory experience which will span the entire block for all participating students. The longitudinal continuity clinic will be accompanied by learning in small groups. One of the objectives for the longitudinal experience in conjunction with the small groups are for the students to learn to appreciate the priority placed on wellness and prevention by managed care systems and to identify the methods and resources required to accomplish these goals.

Dr. Rita Redberg, member of the CoE Clinical Council, co-chaired a conference “Heart Disease in Women: Where are we Now? Where are we Going?” This course provided a broad overview for the practicing internist, cardiologist, primary care practitioner, nurse, and/or obstetrician/gynecologist. New information was provided from a variety of clinical trials, conferences, and expert opinion on how to prevent and treat heart disease in women. Emphasis was placed on new developments in preventive care and cardiovascular risk factors in women as well as choosing the right diagnostic test. This course was designed to look at new developments in preventive care and cardiovascular risk factors in women and special emphasis was put on office skills such as enhanced physical examination skills, office gynecology, and contraceptive technology and on skills needed for critical reading of the medical literature in women’s health.

The Controversies in Women’s Health course, designed for family physicians, internists, gynecologists, nurses, pharmacists and all others involved in providing quality health care for women, provided a practical update on a full range of common but controversial issues in women’s health. Emphasis was placed on new developments in preventive care and cardiovascular risk factors in women and, issues in reproductive health. Special emphasis was placed on social and psychological aspects of women’s health, alternative medicine, and health issues throughout the life cycle.

◆ Magee-Womens Hospital

The Magee CoE Womancare News Education and Calendar is published three times a year and distributed to doctor's offices and mailed to the consumer education mailing database. The calendar provides a wide range of information to women. Each issue features three articles promoting: 1) healthy lifestyles for women at every stage of life (e.g., "Breaking the Silence about Bone Health"); 2) healthy choices during pregnancy and childbirth; and 3) family healthcare issues.

The Womancare Lactation Center promotes breastfeeding by providing healthcare provider education, inpatient and outpatient support, lactation equipment rental and sales and employee breastfeeding rooms.

The Magee CoE's Epidemiology of Women's Health Program at the University of Pittsburgh Graduate School of Public Health (GSPH) provides a novel, model approach to research and research training in women's health. Its primary goals are education, training, research and community outreach. With a focus on prevention, the program emphasizes the importance of understanding disease etiology, identification of risk factors, and reduction of morbidity, mortality and disability through health promotion, disease prevention, and early detection throughout women's lives. The program provides students with a community internship opportunity, which allows them to see public health delivery in the community, and to devise research projects related to direct public health application.

◆ MCP Hahnemann University

The MCP Hahnemann University CoE Women's Health Education Program (WHEP) faculty educational presentations included women's health preventive issues.

— In August, 2000 the MCP Hahnemann University CoE Women's Health Education Program, "Listen, Little Sister,"

proposal was funded. This proposal is a direct outcome of the activities undertaken by Dr. Ana Nunez in her CoE Junior Faculty Outreach Project. She will collaborate with Pediatrics and the HIV/AIDS Service to intercalate the perceptions of HIV/AIDS patients into STD/HIV risk reduction education for teenagers.

- The Women's Health Education Program has been chosen as one of seven U.S. medical schools in the country to receive a grant from the Sexual Health Team of Pfizer, Inc. The grant will fund the Pfizer Sexual Health in Undergraduate Medical School Curricula project, promoting wellness through a comprehensive sexual education curriculum for medical students. By the end of the grant period, the project will raise awareness, increase multidisciplinary teaching, define and build consensus regarding sexual health competencies, augment existing curricula and provide varied "real-life based" educational opportunities within an innovative model-comprehensive curriculum.
- The WHEP website (www.mcphu.edu/whep) is linked as an integral part to the Institute website (www.mcphu.edu/institutes/iwh). Web links have been established for pages addressing such topics as cardiovascular health.

◆ University of Michigan Health System

"Preventing, Identifying and Intervening" was one topic in a monthly lunch series planned and organized by the CoE. The session included presentations by community groups and experts, as well as local hospital resources. It was approved for Continuing Nursing Education credits.

In the "Vulnerable Adult Mistreatment: Preventing, Identifying, and Intervening" (March 2000) session, participants learned to identify signs of abuse, neglect and exploitation in vulnerable adults, gained an understanding of their professional responsibilities in reporting suspected abuse and neglect, and learned prevention techniques to secure the well being of older and vulnerable adults.

◆ University of Pennsylvania

The purpose of the University of Pennsylvania CoE Radnor Resident Rotation (RRR) is to become familiar with the approach, evaluation and management of issues commonly encountered in an ambulatory care setting devoted to the health care of women. Procedures and skills that are being taught during this rotation include:

- Fundamentals in comprehensive health/risk assessment of women;
- Fundamentals of routine health maintenance through healthy life style promotion including nutrition, exercise, supplement and smoking cessation counseling;
- Fundamentals of preventive screening strategies for cardiovascular disease including lipid profile and glucose screening;
- Fundamentals of screening strategies for cancers common to women including breast, colorectal and gynecologic malignancies;
- Strategies for detection and management of the patient at high risk for breast, ovarian and inherited cancers;
- Fundamentals of osteoporosis screening, prevention and treatment; and
- Routine immunization practices.

The University of Pennsylvania CoE's health resource (educateMD.com) offers physicians educational programs on cutting-edge research topics including:

- Aging: Helping persons stay as young as they feel with the latest news on health, wellness and exercising safely for the middle age and beyond; and
- Women's Health: Users can explore health issues affecting women at all stages of life and learn about advances and new treatments in women's health care.

◆ University of Puerto Rico

In 1997 the Medical School started a curriculum revision that included a reduction in the number of contact hours, changes in topic distribution, more gender-based content and more health prevention

and promotion content. As a result of that process, the Ob-Gyn third year rotation was revised and the Reproduction and Human Development I course had already incorporated new topics in adolescence, sexuality, breast feeding, adulthood, aging, cancer prevention, menopause, diabetes, and osteoporosis.

In collaboration with the College of Health Related Professions, the CoE has provided a practice scenario in women's health for students of the Community Health Education Bachelors Degree Program. A student was assigned to the W&HC to do her practice during the 1999-2000 academic year. As part of her practice, she prepared an assessment of health education needs among patients of the CoE Clinic and developed an educational program for reproductive age women, among other activities. The module included the following topics: "Knowing Ourselves Better, An Introduction to Women's health;" "Being a Woman and Living a Healthy Life;" "A Healthy and Pleasing Sex Life;" "All You Should Know and Are Afraid To Ask About Breast Cancer;" "PAP Smear: Once a Year for a Lifetime;" "Everything about Urinary Infections and Sexually Transmitted Diseases;" and "Use of Contraceptives and How to Negotiate with Your Partner."

"Between Women" is an educational activity on prevention/early detection of breast cancer, menopause, perimenopause and osteoporosis that was offered to incarcerated females at the Federal Prison, in San Juan. The CoE sponsored the activity. Health Education students of the College of Health Related Professions planned and offered the program directed to provide health prevention information to female inmates.

For the year 2000-2001, the Health Education students of the College of Health Related Professions Program assigned two students. The students developed two educational programs: 1) Asthma- "Helping you control your asthma;" and 2) Perimenopause- "Discovering the way towards a new beginning: Women After 40." Both educational programs extended from March to May 2001. The students also participated in a number of

health promotion and prevention activities at the CoE to fulfill their practice requirements. The students also collaborated and participated in CoE educational activities and developed a variety of educational materials that included brochures and posters. The director of the Health Education Program, Dr. Lourdes Soto de Laurido, is Co-Director of the CoE's education component.

The CoE develops health prevention and promotion activities with governmental and non-governmental organizations with which it holds alliances. For example, the CoE is a member of the "alianza Para la promocion de Mamografias" (Alliance for the Promotion of Mammography). This organization is a network of representatives of different government and community agencies that promotes the use of mammograms for screening for breast cancer, especially among Medicare recipients. The group meets under the sponsorship of the Quality Improvement Professional Research Organization (QIPRO) and develops annual campaigns and activities to promote mammography among Medicare female recipients. Responsibilities for planning and carrying out the activities are shared among network members. Campaigns have included publicity using a variety of media, meetings with the female mayors, and encouraging physicians to refer women for mammograms. Each year results of the campaign are evaluated by the growth in the number of mammograms among that year target population and during the campaign cycles.

A coordinated effort among community, government and academic organizations led by the CoE and Taller Salud brought together representatives from Universidad Central del Caribe Medical School, PR Department of Health Rape Crisis Center, Governors Office for Women's Issues, Casa Protegida Julia de Burgos, Government's Office for Women's Integral Development, Coordinadora Paz Para la Mujer, UPR/MSC Hispanic Center of Excellence, and other UPR/MSC representatives to identify strategies to incorporate health professionals into domestic violence prevention. The group met on an ongoing basis from February 1999 to February 2000. As a first activity, a RADAR Train the Trainer

Workshop was offered in San Juan in collaboration with Physicians for Social Responsibility from Philadelphia. This workshop was held on February 23, 2000. The initiative has helped strengthen the level of collaboration with community and other organizations.

The community perceptorship program of the School of Medicine familiarizes the medical student with the work of ambulatory primary care physicians of different specialists in the community since their first year of medical school. The CoE is planning to incorporate CoE Clinic providers as preceptors for 1st and 2nd year students and the preceptor coordinator has been included into the CoE Clinic Advisory Committee.

◆ Tulane/Xavier Universities of Louisiana

During the first year of the medical school curriculum, students are introduced to Women's Health primarily through the traditional basic science courses of Anatomy, Physiology and Behavioral Science and the Foundations of Medicine 1 course. The individual cycles of the Foundations in Medicine 1 course where topics in women's health are introduced include Introduction to Preventive Medicine.

In the second year of the medical school curriculum, the pathophysiology course introduces students to the importance of gender on health and disease. The Foundations of Medicine II course continues to integrate Women's Health in the Medical School curriculum. Many of the topics from the Foundations of Medicine I course are continued in the second year, including Preventive.

The third year of the medical school curriculum includes specific topics on Women's Health in the primary care rotations as well as the traditional obstetrics and gynecology rotations. Additional lecture topics include Health Promotion and Disease Prevention.

Women's health electives during the fourth year include: Health Promotion/Disease Prevention through the School of Public Health and Tropical Medicine.

The CoE has developed an osteoporosis lecture series focusing on this preventable disease. A CoE faculty member will present information on osteoporosis for each session. Following the presentations, cases will be presented by the participants and discussed by the group. The CoE faculty member will serve as the facilitator for discussions.

◆ Wake Forest University

The CoE has been successful integrating a women's health curriculum into the medical school education, residency and fellowship programs through interactive case study activities and lectures. Included are case studies and lectures on Clinical Breast Exam, and interviewing techniques to obtain sexual history and Domestic Violence/Physician-Patient Boundaries.

The CoE developed a Women's Health Rotation in Internal Medicine, and it is available to one resident per month. This rotation includes clinical experience in gynecology, high-risk obstetrics, breast disorders, eating disorders, menopause, urinary incontinence, violence against women and family planning.

Disease prevention and health promotion is incorporated into the physician assistant curriculum through various courses and internships.

The National DES Education Campaign (Professional Education Materials) was awarded to Eleanor Russell, MA, Denise Bonds, MD, Nancy Avis, MS Hyg, PhD, Geln Combs, PA-C, MA, Catherine Shull, PA-C, and Laura Loehr, MD, to develop an interactive CD-ROM-based DES curriculum that can be sent to health care providers, used in clinics, or distributed in medical libraries, explaining DES health risks, screening guidelines, and treatment recommendations. The information developed in the curriculum will form the basis for four projects at the University of California at Los Angeles, University of Illinois at Chicago, MCP Hahnemann University, and the University of Wisconsin-Madison.

On October 28, 2000, The North Carolina Lupus Foundation Medical Symposium presented “Living and Coping with Invisible Chronic Illness and Update on Lupus.” The Women’s Cancer helped advertise this conference to area professionals.

The CoE is currently planning a “Train-the-Trainer” workshop for clinicians in each clinical department at the Medical Center to assist them in learning how to screen for intimate partner violence.

◆ University of Washington, Seattle

Dr Heidi Powell, Editor-in-Chief for the CoE Health Topics for Professionals was awarded a grant that funds 150 hours of technological support for development of web-based teaching materials. In the developing the CoE Women’s Health case-based modules, Dr. Mary Laya worked with Dr. Powell in creating a case-based interactive modules, similar to those developed through the Bergen Osteoporosis Education (OsteoEd) web site. This web site can be seen at <http://www.osteoped.org>.

A content editorial board has developed cases for inclusion on an interactive site for residents and students that addresses all aspects of screening, treatment, epidemiology and pathophysiology. A prototype module on cervical cancer was first created in order to work out programming and educational issues unique to this medium. Each module will require several hours of professional instructional technology support. Seven additional topics are targeted for development and reflect the Curriculum Working Groups selection of important topics. They include Osteoporosis, Cardiovascular Disease, Depression, Breast Cancer, Alcohol Abuse, Domestic Violence and Smoking Cessation.

Each module includes learning objectives, a clinical case, discussion questions, and links to other online resources and a bibliography. The self-study module presents a case in a defined

women's health topic area, incorporating both biomedical and sociocultural aspects of the topic, with pertinent learning objectives. The teaching case is followed by questions and suggested readings. For each case-based segment, a teaching guide with explanations and evidence supporting clinical reasoning is included. The teaching guide provides in-depth teaching on generic issues relevant to any woman presenting with the health problem, but also issues specific to cultural or socioeconomic background. Individuals with particular expertise have already been identified and include faculty members with specific interest and experience in minority issues. These materials will continue to be developed and posted as funding permits on the UW CoE Health Topics for Professionals web site. To see the case-based modules, please see the UW CoE web site at <http://depts.washington.edu/~uw98CoE>.

Local UW content experts working with the University of Washington CoE have created some outstanding materials that target specific ethnic groups. One example is the EthnoMed web site, an electronic database that contains medical and cultural information on refugee groups in the Seattle area. Cultural profiles, medical topics and cross-cultural health issues are included as part of the site, as are some patient education materials. This information can be accessed at <http://www.hslib.washington.edu/clinical/ethnomed>.

◆ University of Wisconsin, Madison

The CoE is using Women's Health Fellows to expand the influence and broaden the network of women's health researchers at the University. Fellows with interest in academic medicine enroll as graduate students in the Master of Science in Population in Health Program. They select a research mentor from the Preventive Medicine faculty. Since their research will have a women's health focus, this brings such a perspective into the research program of their mentor.

Leadership

◆ Harvard University

The goal of the Women's Reproductive Health Research Career Development Center, BWH, a CoE affiliate, is to organize and integrate the efforts of senior investigator mentors to train obstetrician-gynecologists to develop into mature, broadly competent, and independent investigators. The Center, "Development of Scholars in Ob/GYN in the 21st Century," is a collaborative effort with mentors from the BWH, MGH and the Joslin Diabetes Center (BIDMC). Increasing the number of well-trained investigators in obstetrics and gynecology will increase the pace of translation of basic science findings into new preventive measures and treatments of women's reproductive health disorders.

The CoE, the Offices for Women's Careers, and the Joint Committee on the Status of Women sponsored lectures that were advertised and held at HMS-affiliated institutions. One topic presented was "The Overworked American: Developing a Balanced Lifestyle," by Juliet Schorr.

The medical school has created a wallet card, which will be made available to each new student to provide a list of persons, and contact numbers that may be used if there is any question of sexual harassment or discrimination. Ms. Linda Wilcox, Ombudsperson, again circulated the Sexual Harassment brochure and Ombuds Office brochure to the entire Harvard Medical community. In the Sexual Harassment brochure, 23 different telephone numbers are listed as sources of help.

◆ Wake Forest University

The Young Women's Health Summit will be a one-day event for Forsyth County middle and high school girls. Two girls from each public, private and charter school will be selected to attend, as well as one staff member from each school (approximately 60 girls and 30 mentors). The staff member will serve as the girls' mentor in

implementing a back-home project at the conclusion of the conference. The mentor and her mentee will report project progress to the CoE on a quarterly basis. At the summit, several girls and their mentors will be selected, based on their quarterly reports, to present their project at the next conference. Potential topics to be covered include substance abuse, peer pressure, general women's health, body image and self-esteem and dating violence.

Community Outreach

◆ Boston University

The CoE conducts outreach through the Women's Health Network (WHN), formerly called the Breast and Cervical Cancer Initiative (BCCI). The Women's Health Network provides coverage at Boston Medical Center for breast and cervical cancer screening and diagnostics to eligible clients. For the past seven years, the Women's Health Network has assisted over 1,600 women. The goal is to increase awareness of the program in hopes of lowering the rates of breast and cervical cancer in the urban Boston community. The Women's Health Network targets the underserved minority women from Lesbian, Haitian, Hispanic, African-American, and Korean populations. Outreach is accomplished by creating collaborations and scheduling mammography van events in the community.

Dr. Michele David, along with other Haitian-American health providers at Boston Medical Center, has organized a number of efforts to address the needs of the Haitian-American population. Under the Breast and Cervical Cancer Initiative, Mr. Michele David is funded through DPH for additional support to conduct outreach directly through Dr. Chava Chapma's clinical services contract.

The Haitian Health Institute has a specialized Outreach Program to enroll Haitian women, 40 and older who are uninsured or under-insured into free Breast and Cervical Cancer screening. The outreach workers distribute flyers at businesses, beauty salons, churches and supermarkets in the Haitian community. Monthly workshops in churches, E.S.L. programs, and other activities are

organized in order to increase public awareness of breast and cervical cancer. In June 2000, at a community-based agency, the Haitian American Public Health Initiatives, the CoE developed an educational event with Haitian physician, Dr. Georgette Jeanty. The CoE also participates in radio programs on Haitian radio and Haitian television. Dr. Michelle David presented a program in June, which was specifically on breast cancer. The Haitian Health Institute also creates a monthly newsletter in both French and Haitian Creole, which includes articles on education and health promotion.

The CoE has translated patient education materials on cervical cancer screening into Spanish for new immigrants with low literacy levels served by the Boston Health Net network of providers.

The CoE has been meeting regularly with Robin Lee from the Coalition for Healthy Korean Americans Koh Health Center (COHKA) in order to discuss and implement a plan for translating patient education materials for the Korean population seen at COHKA. The final health education brochures were distributed across the CoE and into the Korean speaking communities. The CoE shares this educational tool with other CoEs and placed the information on the CoE website in both English and Hangeul.

◆ University of California at Los Angeles

The CoE-affiliated Iris Cantor-UCLA Women's Health Education and Resource Center (WERC) continued to fulfill its mission to address the totality of women's health, including both reproductive health and all other health issues affecting women. The WERC provides free and low cost programs open to all women of the community. These include: access to health information, including pamphlets, books, videos, and Internet access, with staff available to assist with searches, education and exercise programs, and a website with links to an extensive variety of health information sources.

Additionally, the WERC produced two new education initiative which were widely distributed:

- UCLA CoE “Heart Gram”: This educational tool lists the signs of heart attack for women and encourages other to “help protect the hearts of women you love by sharing the warning signs of a heart attack.” Originally intended as a Valentine’s Day educational promotion, the Heart Gram proved to popular that its distribution continues year-round, including at community sites; and
- UCLA CoE Mother’s Day card: Distributed during May 1999 this card suggests five prevention strategies for “mom” to optimize her health.

UCLA CoE Lectures/Presentations of the Iris Cantor-UCLA Women’s Education and Resource Center, October, 1999 - August, 2000 include:

- Focus on Fiber;
- Juggling: Minimizing Stress and Maximizing Satisfaction At Home and Work;
- Healthy Holiday Foods;
- Hypnosis – Mind/Body Medicine; and
- How To Surf the Net Without Drowning: Becoming Health Website Savvy.

The WERC had its first WALKATHON and Silent Auction in August, 2000. This event was held on the UCLA campus and attracted a broad segment of community members and health professionals. An intergenerational theme was stressed, with participants encouraged to walk to support women’s health education. The event served to raise awareness of the WERC, the CoE, and women’s health issues. The CoE had an exhibit table and one of the National Model Center faculty staffed an “Ask the Women’s Health Doctor” booth.

The WERC has coordinated with other CoE entities to improve access to comprehensive educational services for patients and the community. These linkages include:

- Coordination with the UCLA Healthcare Primary Care Network: The WERC patient education Prescription continues to be well utilized by primary care clinicians and certain specialty areas to refer patients for health information to the center. Cindy Moskovic, MSW, CoE Coordinator, continues to meet with staff and faculty from various sites to inform them of the various resources available;
- Coordination with UCLA Student Health Services to provide materials and resources to the female UCLA undergraduate population; and
- CoE faculty and staff have served as a resource to local and national media on women's health topics. Examples include new options for preventive health, multipart series on health, women and heart disease, and women need to place priority on their health.

The CoE coordinates with numerous community organizations to provide preventive health information. The CoE Community Alliance meets quarterly to discuss topics pertinent to women's health, including updates on screening and preventive health in special populations, such as lesbians.

The CoE works with the HUD Neighborhood Network Program, providing health information, including information on preventive health, to clients at three Los Angeles HUD Neighborhood Network sites. The UCLA CoE also participates as a community partner for the Los Angeles County Office of Women's Health Cervical Cancer Screening Initiative. The CoE Director, Dr. Janet Pregler, serves on the Women's Health Policy Council for Los Angeles County, which has advised the Los Angeles County Office of Women's Health on strategies for expanding preventive health services to poor women in Los Angeles County.

◆ University of California, San Francisco

UCSF Women's Health believes that collaborative decision-making between providers and patients improves patient compliance and

health. Collaborative decision-making requires informed patients which is the mission of our education programs. Patient education materials play an important role in this process. To ensure quality and consistency in the education materials provided at each site, the UCSF CoE undertook a process to standardize our patient education materials available at the five core practice sites and the resource center. Prior to this standardization, there was over 600 educational pieces dating from the present to pre-1990. The Patient Education Coordination Committee was established to work on this project with clinical staff from the practice sites plus the resource center staff. The committee developed a set of criteria to evaluate the materials that included the year the material was produced; cost; literacy level; patient friendliness; and providers' recommendation. Educational materials were reviewed based on these criteria and input was obtained from providers. Through this process a core set of materials was identified and approved providing consistency in the information available to patients. Maintaining these materials requires an ongoing process of improvement.

The UCSF CoE convened a group of multidisciplinary physicians, health educators, and pharmacists to consider how to best develop an education program for the community on the topic of menopause. The group designed a program for women between 40 and 60 that would be offered to women desiring comprehensive information regarding the complex and changing recommendations regarding menopause and hormone replacement therapy. "Embracing Menopause: Traditional and Alternative Approaches" focuses on educating women about the physical changes that happen to a woman's body during menopause and the different treatments available. The goals of the program are:

- Emphasize viewing menopause as an opportunity for a woman to focus on herself, listen to her body, and establish a foundation for wellness in the second half of life;
- Provide information about the physical changes occurring during menopause and the impact of these changes on the body;

- Discuss the long-term health concerns of women, with a focus on self-care strategies and disease prevention;
- Review both traditional and alternative therapies which can be used to manage perimenopausal symptoms and maintain long-term health;
- Guide women on how to make a personal plan of action regarding treatment decisions, health behaviors, and becoming a partner with a health care provider; and
- Focus on empowering women with information and strategies to celebrate and embrace this change in life.

Topics include:

- Understanding the Physical and Emotional Changes of Menopause;
- Do you Need Estrogen to Stay Healthy?;
- Hormonal Treatment Options: Questions and Answers;
- Alternative Options: Phytoestrogens, Common Herbs and Dietary Supplements; and
- Creating a Fitness and Nutrition Plan for Life.

New Generation Health Center (NGHC) located in the largely Latino Mission District of San Francisco, offers a unique combination of health and social services to young people ages 12 to 24. NGHC's mission is to help teens avoid early pregnancies by providing a comprehensive range of services including medical services, social services, and health education to young people. Services include family planning, sexually transmitted infection diagnosis and treatment, community outreach and education, as well as activities to increase life options. The clinic also offers an after-school enrichment group for teen girls.

The UCSF National Center of Excellence in Women's Health takes a special interest in the positive development of girls, and in recent years, has hosted four small-scale teen health conferences. "The First Annual Young Women's Conference: Healthy Bodies, Healthy Lives... Young Women on the Rise," was co-hosted with State Senator Jackie Speier. The event took place on October 17, 2000.

Given the need to improve understanding of the prevention, diagnosis, and treatment of disease in women, the CoE has set a multi-disciplinary research agenda to advance this field. Through its quarterly Research Bulletin the UCSF Women's Health Resource Center serves as a liaison between researchers and women in the community seeking the most recent and cutting-edge information about their health.

The Great Expectations Pregnancy Program began as part of the Alternative Birth Center at Mount Zion Hospital in San Francisco. This program offers programs for women and their families to learn more about their pregnancy and prepare for childbirth and parenting.

The Resource Center offers seventeen different classes that focus on preparing women for childbirth and parenting and offer supportive strategies for managing the complexities of motherhood. Each perinatal education class is designed with specific goals and objectives that increase participant knowledge and skills.

UCSF CoE Community Involvement and Collaboration:

- The Resource Center is an active member of the Perinatal Forum, which is convened by the San Francisco Department of Public Health and is designed to foster coordination and collaboration between perinatal providers in the City. Joanna Laffey, Education Specialist at the UCSF Women's Health Resource Center co-directed the committee to create the San Francisco Breastfeeding Promotion Coalition Lactation Services Directory. The Lactation Services Directory covers lactation programs and resources throughout the Bay Area. The Directory was created to improve the health of the community by promoting breastfeeding as the cultural norm.
- All UCSF Women's Health providers are members of the Brown & Toland physician services organization, and Brown & Toland has an extensive Commercial Wellness Program that works closely with the UCSF Women's Health Resource Center. The

- Commercial Wellness Program publicizes the Resource Center programs and services through its annual newsletter to patients and informs all of the member health care providers about new programs that the Resource Center is offering; and
- “Harmony and Health: The Promise of the New Millennium” was the theme for the 7th annual Women’s Health 2000 symposium presented by the UCSF National Center of Excellence in Women’s Health, Mount Zion Health Fund and the Obstetrics and Gynecology Research and Education Foundation. The all-day conference, held on Saturday, March 18, featured 30 sessions that focused on women’s health in relation to physical well-being, as well as healthy relationships and communities. Workshop topics included:
 - Preventing Breast Cancer: Is It Possible?;
 - I feel well: Do I Need Estrogen to Stay Healthy?;
 - Finding Balance through Stress Reduction;
 - Understanding Heart Disease: the #1 Killer of Women;
 - Designing a Fitness Plan for Life After 50;
 - Navigating Your Child Through a Safe Adolescence;
 - Strategies to Stand up Tall: Preventing Osteoporosis; and
 - Exploring the Relationship of Spirituality to Your Health.

Besides the workshops music, entertainment and interactive self-care sessions provided participants with multiple ways to take charge of their own health.

As an example of the unique, high quality, informative programming that was aired on the ***Women on the Edge*** Network, Streamedia collaborated with the UCSF CoE. The result is ***Women’s Health 2000***, presented in cooperation with the UCSF CoE, the Mount Zion Health Fund, and the UCSF Obstetrics and Gynecology Research and Education Foundation. This extensive web-series, taped at the March 2000 conference, focused on many of the major health issues concerning mature women, such as heart disease, herbal remedies, weight control, fitness, breast cancer, and sexual health and well-being. Broadcast footage featured numerous

noted medical professionals specializing in women's health who presented at the popular UCSF Women's Health 2000 Conference. See sites for more information www.streamedia.net and www.streambroadcast.com.

The UCSF CoE works with the Breast and Cervical Cancer Services Program of the San Francisco Department of Health, which focuses on outreach to San Francisco's diverse communities about the importance of cancer screening. This project is a combination of state and Federal programs whose goals are to increase the utilization of screening services among low-income minority women. Beth Brown, M.A., UCSF CoE Recruitment Director, is working with Dr. Regina Otero-Sabogal of the Institute for Health & Aging to conduct a formal evaluation of this program for the State of California. In addition, the Center for Lesbian Health Research has expanded the research arena to include the lesbian community in this research area.

The Breast Care Center has a close working relationship and partnership with the UCSF CoE. They collaborate and work on several projects from events to clinical care planning. The CoE assisted the BBC in "Taste for the Cure," on October 7, 2000, a project conducted on behalf of the Breast Cancer Program. Each year, the UCSF COE promotes UCSF-sponsored activities for Breast Cancer Awareness Month to the larger women's community of San Francisco.

The UCSF CoE is a member of the Center for Health and Community (CHC) at UCSF. Dr. Nancy Milliken, Center Director of the UCSF CoE, serves on the CHC Steering Committee. The CHC organized its inaugural event to highlight the impact of social disparities upon health. The CHC is establishing collaborative partnerships with community groups that enable the Center to fulfill its educational, research, and service priorities.

The UCSF News Services have worked closely with the UCSF CoE regarding dissemination of information regarding women's health to the larger media community. The UCSF CoE is committed to

being available to the professional and lay media regarding important women's health issues. Press releases are developed on a regular basis. In addition, the UCSF CoE works with the News Service to identify appropriate individuals for interviews for timely news stories. The UCSF CoE has been featured in journals including: Women's Health Center Management, Town and Country, Redbook, Ladies Home Journal, and the Quality Letter. The UCSF CoE has received coverage in large newspapers including the San Francisco Chronicle and Examiner, the Oakland Tribune, and the San Jose Mercury News as well as community papers including the Western Edition, Sing Tao Daily, and Mission Life News. In addition, interviews with UCSF CoE faculty and staff have been aired on numerous local radio stations and UCSF CoE faculty has appeared on PBS TV programs on women's health.

The UCSF School of Pharmacy, in collaboration with UCSF Women's Health, provides teratology screening and consultation services, and gives the opportunity to discuss maternal and fetal health with other patients and students in a live chat room www.visembryo.com/chat.

◆ Harvard University

The CoE and its affiliated teaching hospitals have numerous programs focusing on the health care needs of lesbian women. These serve as important clinical and educational resources for patients of the HMS CoE clinical sites. Examples of the specific resources available at FCHC and the HMS CoE affiliate institutions include:

Resources

- Lesbian and Gay Health Resource Guide (BIDMC)
- Peer Listening Line – Boston's only telephone help line committed to the psychosocial, health and informational needs of l/g/b/t youth, ages 13 to 23 at Fenway Community Health Center (FCHC)
- Hotline (MGH)

Educational Programs

- Lesbian and Gay Health Conference for the community and health professionals; and
- Lesbian and Bisexual Women's Health Research Community Forum (FCHC).

Services and Support Groups

- The SASSIE (Sisters Acquiring Safer Sex Information and Education) Project at FCHC is dedicated to decreasing the transmission of HIV and STDs among women of color who have sex with women; and
- Focus groups with lesbian patients to improve services (BIDMC).
- Lesbian/Gay Family and Parenting Services at FCHC organizes education, support and advocacy services for l/g/b/t prospective parents, parents, and children. These activities include:
 - Alternative Insemination Education;
 - Lesbian/Gay Family Day – monthly discussions and activities;
 - ***Conceptions*** – a newsletter for l/g/b/t families;
 - Lesbians Considering Parenting – a counseling and support group;
 - Lesbians Currently Inseminating – a counseling and support group; and
 - Childbirth Class for Lesbians.

The CoE collaborated with Boston University's CoE to create a Directory of Women's Health Resources in Boston. This directory includes 26 women's health categories that contain resources and referral organizations in the Boston area for provider and patient information including preventive health.

The CoE is in the process of developing educational materials for both patients and health care providers. Specifically, the Committee to Advance the Health of Minority Women (CAHMW) of the CoE is creating a Minority Women's Health Journal. The goal of this project is to create a tool that minority women can maintain

throughout their lifetimes, from adolescence to older age. The project will include four separate diaries for adolescents, young women, middle-aged women, and older women. The diaries will be produced in English, Spanish, and possibly other languages in a culturally appropriate manner for the major racial and ethnic groups including Black women, Latinas, Asian American women, and immigrants. Each diary will review the major disease prevention and health promotion guidelines as recommended by experts for that age. In addition, each diary will contain recommendations for personal health behaviors, components of a standard “check-up” with a medical provider, and suggestions for important questions to pose to primary care and other providers. This information will also be further developed into companion health education materials for minority women and materials for providers.

The WELL (Women Enjoying Longer Lives) program is a unique preventive health care and public education program designed for socially disadvantaged women ages 45-64 years of all ethnic and cultural backgrounds. This program, administered by Gladys Rodman, RN, CoE Health Educator and Co-chair, CAHMW, has been a collaborative effort of women in the Boston community and health care providers at the BIDMC and seven affiliated community health centers. The WELL program approaches the problems women face in the perimenopausal and postmenopausal period in a holistic manner. The WELL program is founded on the principle that middle aged women from underserved communities are in the best position to educate other women about the health issues of concern to this age group.

Using lay health advisors, women are encouraged to go through screening programs and receive preventive health care at their local neighborhood health center. The WELL program provides screening for the following conditions:

- cancer screening: breast, cervical, and colorectal;
- cardiovascular risk reduction: hypertension, diabetes, and smoking;

- osteoporosis prevention;
- menopause counseling;
- screening and counseling for domestic violence;
- nutrition counseling;
- depression screening; and
- aerobic exercise and ethnic dance.

Health educators from the WELL program met with representatives from three BWH health centers to describe the WELL program and the impact of the program to increase screening and healthy behavior in women 45-65. The BWH health centers have a successful perinatal case management program that trains lay case managers to work with high risk pregnant women and their families to ensure they have healthy pregnancies and remain healthy in the post-partum period. The BWH health centers felt the best way to expand this program was to train case managers to address the health issues in the WELL program among younger women and their clients. Case managers have received training from the WELL program on a variety of issues including prevention and screening, heart disease risk factors and osteoporosis. We plan to continue these cross-institutional trainings. Plans include collaboration with other CoEs in order to generate comparative statistics for preventive health services, especially in developing or serving as control groups for research comparisons.

BWH received funding to explore minority women's understanding of osteoporosis and their assessment of educational materials. Women who participated in the Minority Women's Health Journal project reviewed information about osteoporosis. In addition, lay health advisors from the WELL program conducted focus groups with minority and other women to better describe their understanding about osteoporosis and its prevention. Most materials are written at too high an educational level for women in the community. Women were unaware of their risk for osteoporosis, that women do not know how to increase calcium intake in their diets, and that young women do not consider osteoporosis to be a

problem. This information is being used to develop health tips for osteoporosis for the Minority Women's Health Journal.

On March 30, 2000, the CoE and the CoE Committee to Advance the Health of Minority Women presented "Diverse Women Celebrating Wellness in the New Millennium: Strategies for Women and Providers." Over 150 people attended this conference, which included presentations on important policy issues relevant to Massachusetts women, strategies for delivering care to minority women, promotion of wellness for women of diverse cultures, and opportunities for dialogue between health care providers and women.

In the spring of 1997, BWH launched its Lecture Series program. Doctors, nurses, nutritionists, and other health care professionals from BWH hold lectures and discussions in the spring and fall about various health topics. These seminars were designed to bring valuable health information and resources to community members – specifically women – in Boston's suburbs. Throughout the course of the program, BWH has been able to reach over 1,800 women. Seminars include topics such as osteoporosis awareness. Also, BWH holds an annual Women's Health Forum, "Mothers, Daughters, Sisters, Friends: Health Issues for Women of All Ages," targeting women. As in the lecture series, CoE committee members routinely serve as presenters on topics such as breast care, hormone replacement therapy, stress management, and nutrition.

For the past three years, Dimock Community Health Center, affiliated with the BIDMC, a CoE affiliate, has held a health forum for all women entitled "Body & Soul: The Wellness Connection." This one-day program helps make the connection between mental, physical, and spiritual health, and stresses the importance of how good health can improve all other aspects of daily life. Workshops included topics such as:

- A Healthy Body, A Healthy Soul: Caring for Yourself;
- Alternative Healing;

- Can I Get a Witness? Prescription for Depression;
- Facing Change: Aging, Osteoporosis, & Menopause;
- Getting Healthy with Your Fork;
- How I Got Over: Survival Tips from Elder Community Women;
- Introduction to Yoga & Meditation: Practical Ways to Relieve Stress;
- Parenting: Tough Love, Sweet Love;
- Roundtable: The Economic Security Crisis of Black Women;
- Woman to Woman: The Power of Friendship; and
- Young Women's Health Speak Out.

During the course of the CoE, the Women's Health Committee at MGH held women's health symposium in October 1998, "Staying Well: Good Health for Women at Every Age," in November 1999, "Bridging the Gap: Alternative and Complementary Medicine," and in May 2000, "Caring for the Heart: Educating Women about Heart Disease."

For the past two years, the CoE has participated in a campaign called the "Boston Heart Party" to educate local women about the prevention of cardiovascular disease. The program included screenings, information about cardiovascular disease risk factors, and heart health management tips for women. The "Boston Heart Party" screenings were held at more than 60 sites in and around the Boston area and were administered by health care professionals from Partners HealthCare System, Inc. (BWH and MGH), CareGroup, Inc. (BIDMC), and the organizations' affiliated health centers. Screenings included blood pressure measurement, cholesterol and glucose testing, and individualized risk factor profiles. The results were given to each woman at the time of the screening, and physician referrals were provided upon request. The screenings were open to all women free of charge. Publicity for the Boston Heart Party included television and newspaper advertisements, web site listings, and mailings to hundreds of thousands of Bostonians.

The CoE is participating in the Office on Women's Health's ***Pick Your Path to Health: Health Counts*** campaign. The CoE is affiliated with more than 12 community health centers that serve a diverse population of women of all ages and have partnerships with schools, advocacy organizations and churches. The CoE is integrating the campaign message into ongoing outreach work and provide others with the opportunity to incorporate the message into their outreach efforts. Examples include:

- Health education and trainings for community outreach workers who target minority women;
- Community health screenings designed to educate women about their risks for heart disease (the “Boston Heart Party”);
- Orientation and health education trainings for local high school students who are employed in the hospitals during the summer;
- Trainings for medical and other students to help them incorporate the messages in their outreach and community service activities; and
- Focus group discussions among minority women gathered to discuss breast and cervical cancer.

In addition, a poster contest on women's health was held in the three public schools (1 elementary, 1 middle school, and 1 high school) that have partnerships with the CoE-affiliated hospitals. Students were invited who entered the contest to a celebration for the mothers, sisters, and other family members that will feature healthy eating, exercise activities, and health screenings.

BWH's Perinatal Case Management Program (PCMP), administered by Aswita Tan, MPH, CoE Minority Health Outreach Coordinator, provided funding and support for one case manager at each of six of the hospital's licensed or affiliated health centers (Brookside Community Health Center, Southern Jamaica Plain Health Center, Martha Eliot Health Center, South End Health Center, Mattapan Health Center, and Whittier Street Health Center). The bicultural and/or bilingual female case managers were pregnant and parenting

women with health and community resources who provided advocacy and assistance to clients during the prenatal period and through the first post-partum year. Connecting women to services, identifying their barriers to health care, and helping them to identify and address the social determinants of their health were the main areas of work for the case managers. Four of the case managers received only OB-related referrals; two case managers received additional referrals from other health center departments. This demonstrated health centers' need for case managers who identified community resources and provided support to all patients. For almost all the case managers, case management encompasses more than just pregnancy or health related issues. Often health needs cannot be addressed until basic needs such as food, shelter, and clothing have been met. The Office for Women, Family and Community Programs provided administrative support for the program, assisted with data collection and evaluation, and facilitated connections between the health centers and BWH to improve continuity of care for clients.

Created in 1991, the Collaborative Home Visiting Program provides comprehensive home-based assessments and services in coordination with the hospital's ambulatory obstetrics practices. The program connects women who may be at high medical or social risk with home visiting agencies during the prenatal and post-partum periods. The agencies provide nursing and social service visits. The provision of home visiting services assists in improving continuity of care and helps to address needs that may not surface in the clinical setting. Aswita Tan, MPH, HMS CoE Minority Health Outreach Coordinator, serves as the BWH administrator of this program.

◆ University of Illinois at Chicago

The Women's Health Exchange (WHE) at the CoE makes educational health information more accessible. The key feature of the WHE is access to information on women's health topics. There is a video and book library, Internet access, and a wide range of free health brochures available in both English and Spanish. The WHE

also offers a series of women's health classes to the community, such as, Planning Your Pregnancy or Healthy Menopause. Class registration has been high, indicating an interest in these topics. A speakers' bureau is also available for community presentations.

The CoE "prescription for education" program at the UIC CoE is designed to increase women's health knowledge. All clinicians throughout the Outpatient Care Center are encouraged to refer women to the advanced practice nurse in the WHE for more comprehensive health education and consultation than can be provided in the exam room setting.

The Center for Women's Health (CWH), the clinical site of the CoE, regularly participates in health fairs in communities throughout Chicago including predominantly Puerto Rican, Chinese, and African-American neighborhood. The CWH provides staff (nurses and physicians) who conduct screenings and provide health information. Where it is necessary, the CWH is able to provide translators and bilingual staff.

National Women's Health Information Center Year 2000 calendars were distributed to a variety of groups, including: young women in a teen moms parenting and education group, and at a local church health fair for women.

The CoE's Center for Research on Women and Gender has been involved in the Chicago Commons Association Adolescent Health Promotion project for four-years. Conducted at Mary McDowell Settlement House, the project serves male and female adolescents living on Chicago's South Side. It promotes healthy lifestyle choices through education, positive activities, and support from families and the community. The specific aim of the project is to support young people in delaying sexual activity and making healthy life style choices. The Center has analyzed surveys conducted before and after a health education class presented to 500 adolescents, and conducted focus groups with a smaller sample of program participants.

Beauty, nail and electrolysis salon owners are taking part in a unique training program bringing vital breast health and cancer information and resources to women in Chicago. “Spirit of Women – A health Movement” is a collaborative effort of the CoE and Westside Business Improvement Association, local, state and national health advocacy groups, salon owners and local health providers who have joined forces to impact health status and wellness.

Salon owners have committed to participating in monthly training sessions with health care professionals. They then agree to share the valuable information learned with their employees, clients and customers. Sessions include mammogram demonstrations, self-breast exam training, general breast health, important health exams for women, breastfeeding techniques and cancer prevention. In addition to the information shared during the training sessions, the salons have received window decals identifying the salon as a “Healthy Resource Center,” resource kits which include reference books and manuals dealing with women’s health issues, pamphlets, brochures, healthy reminders. For the Mother’s Day holiday, salons were given greeting cards to distribute to clients to remind their moms and loved ones to get a mammogram.

◆ Indiana University

The Indiana University CoE clinical outreach includes work with adolescents in the Westside Community Health Clinic concerning prevention and management of domestic violence. Dr. Anna McDaniel, CoE Evaluation Component Director, has been conducting her work concerning smoking prevention and cessation in women at several CoE community health clinics.

A new program under development at the Indiana University CoE includes outreach to their growing Hispanic community through hiring a bilingual coordinator who acts as an educational link to this dramatically rapidly growing segment of their population.

The Indiana University CoE participates in virtually every health fair and similar woman-focused event in central Indiana and elsewhere in the state. This includes booths staffed by members and volunteers of the CoE at which pamphlets and other information are distributed, provision of speakers and other experts at various events, provision of screening by mammography, bone densitometry, co-sponsoring of events with groups such as the Indiana State Department of Health Office of Women's Health, the Indiana Commission for Women, Girls, Inc., the Julian Center, Ovar'Coming Together, and Wishard. CoE personnel provide information on disease prevention, healthy lifestyles, conditions affecting women and their families, domestic violence, and often offer osteoporosis screening, mammograms, and blood pressure checks at these venues.

The CoE partners with many community organizations to work on developing more effective programs, including domestic violence, sexually transmitted diseases, and smoking prevention and cessation. They have received funding for the development of gender-specific smoking cessation programs for women and girls and are collaborating with the Indiana University Nicotine Dependency Program, and the IU School of Nursing, and Girls, Inc.

The CoE sponsors the mammography van provided by Wishard for screening at numerous women's health meetings.

◆ Magee-Womens Hospital

Magee infomercials were presented on WTAE-TV to discuss women's healthcare and preventive health topics. They received a substantial number of calls, requests for information, etc., based on the infomercials.

The Bone Health Program is administered through a network of specially trained Ob/Gyn's and primary care physicians in their offices. A health advocate was partially supported by the CoE. Magee provides educational materials for patients to this network of

providers as well as an osteoporosis clinical pathway for physicians to follow. Included in the pathway will be indications for bone density testing which patients can have performed at three Womancare Centers. The patient component will include an osteoporosis booklet to cover everything from risk factors to diagnostic methods to the latest in pharmacological intervention, a mail-in nutritional assessment and information on Magee's Osteoporosis Prevention and Exercise Class. A complete consumer training video was completed in October of 1999. The video is distributed in the first class of the education series. A physical therapist and an educator taught the four-week class. It gave participants an in-depth education on all aspects of osteoporosis as well as an instructional series of weight bearing exercises designed to improve bone health without increasing the risk of fracture. Home safety continues to be covered.

The CoE community nurse educator has continued to bring Mother/Daughter and Parent/Child Growing Up Classes into low-income communities. These have traditionally been popular in the suburbs. The girls and their parents are encouraged to talk openly, ask questions and be aware of and comfortable with physical, psychological and social changes that they are encountering. Feedback from participants is particularly positive.

Magee CoE continues to bring dating violence information to a number of middle and high school students in the past two years. Dating violence, family violence and childhood abuse are all difficult issues to discuss. Yet they are prevalent issues, which must be addressed so teens can protect themselves and understand the basis of a healthy relationship. The employment of a full-time peer educator has been invaluable to these education forums.

The CoE adolescent team continues to explore programs that have worked across the country. All teens that are sexually active or contemplating sexual activity are counseled and taught how to resist peer pressure and protect themselves from unwanted pregnancy and sexually transmitted diseases. Walk-in pregnancy testing continues

to be offered at Oakland and all Neighborhood Centers. This facilitates access to accurate testing at no cost for teens. If the test is negative the teen will be scheduled for a complete exam appointment and counseled about birth control options and safer sex. If the test is positive, the teen is given prenatal vitamins, counseling and an appointment for early care. Pregnant teens have special prenatal classes available to them and are encouraged to bring their partner, parents and/or friends to the classes. Instructional methods are varied to keep the teens interested and learning. The Teen Center at Magee has been in operation since 1990.

Beginning With Books Raising Readers Program meets every Friday in the teen unit both morning and afternoon to accommodate the teens' appointments and school schedules. The book club is staffed by Carnegie Library employees who encourage teens to read not only to themselves for pleasure but to the unborn child and then the infant. Research has shown that infants who are read to, early, achieve more academically. Exposure to books at an early age is vital to the future learning abilities of our children. Each session includes an interactive activity. All mothers are given a journal and are encouraged to write about their pregnancy and birth experiences.

The mission of the Magee-Womens Hospital CoE African-American Womancare program is to: 1) increase access to primary and preventive healthcare for individual women; 2) provide health education designed for the unique needs of African-American women; and 3) enhance community health through a public education project which will include radio and television as well as through a network of multimedia resource centers and public events. The CoE has collaborated with African-American Womancare and produced an article for publication about underserved populations of women. The expression of this African-American Womancare program has been through multiple forums:

- African-American Womancare News is sent twice a year. The newsletter now has a circulation of 5,000;
- African-American Womancare Wellness Day began in 1996.

The program included speakers on how Black women feel about their bodies, how to access the healthcare system, healing power of spirituality, and why black women die more quickly and more often from disease and how to change those statistics;

- The Pittsburgh Juneteenth Celebration includes an African-American Womancare Booth sponsored by the Magee CoE at Juneteenth since 1996; and
- African-American Health Classes continue as outreach education programs.

Magee integrated its African-American Womancare Program with “Pick Your Path to Health” (PYPTH) to organize the Pittsburgh PYPTH campaign in conjunction with the national efforts. The first phase of PYPTH will be an informational campaign. Magee set up PYPTH information displays in the Outpatient Clinic and at all Neighborhood Centers. In addition to PYPTH information displays, Magee teamed with several local churches. Magee designed and distributed information value packages to every person who completed and returned the PYPTH health questionnaire. Diane Lewis, Director of Marketing and Communications and CoE Media Coordinator, headed up the campaign.

The CoE continued to provide outreach health education materials and referrals for speakers to the Lesbian Health Collective (LHC). Dr. Nina Markovic, PI, Epidemiologic Study of Health Risks in Lesbians and CoE consultant, works with the LHC and attends local gay, lesbian and bisexual and transgender events to distribute health education and promotion materials. Among those events this year was the Pride Fest, where attendance was 1,000 and the UNITY and African-American group of 300 attendees.

The CoE adolescent nurse practitioner is a member of the Center for Adolescent Pregnancy Prevention of the Family Health Council. Her work with teens incorporates the principles of pregnancy prevention, decision-making, safer sex and reproductive health practices.

The eighth annual “Celebration of Women: Celebrating Business, Celebrating Health, Celebrating Self” conference was hosted by Magee-Womens Foundation and supported by Magee. A lecture series included: Heidi Murkoff, the best-selling author of “What to Expect When You’re Expecting” held an interactive session with the audience; Jennifer Holliday, an African-American spokesperson on depression; and Anne Alexander’s new book on preventative health.

Magee participates in or directly sponsors approximately 20 health fairs annually in and around the Pittsburgh community. One of which was the Pink Ribbon Saturday, a health fair to promote Breast Cancer Awareness.

◆ MCP Hahnemann University

MCP Hahnemann University CoE activities that have enhanced the visibility of Centers for Women’s Health at MCP and other CoE Faculty Expertise include:

- Domestic violence awareness campaign: Permanent postings of domestic violence resources in five counties posted in ladies rooms throughout hospital and campus buildings;
- “Fun, Fit, & Free”: Partnership with city of Philadelphia Health and Fitness Initiative; and
- Health Fairs: Participation at multiple community fairs—women’s health information and screenings provided.

MCP Hahnemann University CoE addresses the needs of the underserved through activities including:

- The Arab American Women’s Outreach Project: Screenings and education at mosques, churches and multiple other sites targeting all socioeconomic levels of Arabic American women.
- The Consortium for Latino Health: “Pick your Path to Health” materials and resources targeted to Latino community members. Also working with Latinos with disabilities and stroke prevention.

◆ University of Michigan CoE

The Women's Health Program CoE sponsors an all-day program for high school senior girls, called "On Your Own." The program in 2000 featured speakers on a variety of women's health topics and is designed to give adolescent girls a chance to interact with health care providers and to learn more about their health care rights and preventive care.

During October 1999, the University of Michigan Women's Health Program CoE, in conjunction with the Child Protection Team sponsored a domestic violence awareness display. Volunteers from University of Michigan's Sexual Assault Prevention and Awareness Center (SAPAC) and Safehouse/Domestic Violence Project, staffed an information table within the University of Michigan Health System. This awareness campaign targeted both UMHS employees and patients. The display was also a distribution point for the newly developed ***Guidelines for Identification and Management of Victims of Abuse and Neglect***—a guide for UMHS providers, for which the UM Women's Health Program CoE was the lead.

The WHRC Women's Health Mini-Med School 2000 put together a lecture series covering a number of popular health topics delivered in a "medical school" fashion by prominent UMHS and community health care practitioners. Each session consisted of two presentations by two health care professionals. The subject material presented covered various women's health and wellness issues throughout the lifespan, including:

- Destress, Relax, and Chill Out - Elizabeth Allen, PhD, RN; and
- Stress Management: The Critical Factor in Wellness - Martha Kimball, BA, MSW.

In collaboration with the UMHS Program of Multicultural Health, the CoE sponsored the "Second Annual Multicultural Women's Health Day — A Multicultural Health Conference for Women of All Ages." The goal of this conference was to provide women with

tools enabling them to act as responsible and educated advocates for their health and the health of their families. Sessions were inclusive of all attendees' lifestyles and needs. The program showcased the University of Michigan's programs and resources, as well as community programs and resources, for health promotion, disease prevention, treatment for women, and advocacy.

Sessions included "Assessing my Cancer Risk," and "Kickboxing," "Mothers & Daughters: Staying Connected," and "Spirituality & Health" offered techniques and strategies for making life more enjoyable. Bone density, glaucoma, and cholesterol screens were offered to participants throughout the day at no charge.

The theme of the Women's Health Day 2000 was "Balance and Renewal" with the goal of focusing on health and wellness. The objective was to provide women with information and tools through educational sessions so that they may lead happier and healthier lives. The program targeted minority and underserved women in the community and offered sessions appealing to all women.

In a stronger attempt to connect with the student community here in Ann Arbor, the CoE created a program that dormitory Resident Advisors could use to familiarize first-year students with community resources. Entitled "Know Your Resources," this program aims to acquaint students with various health and wellness organizations through an evening of fun. First, students play a round of "Resource Jeopardy" where they are split into two teams and answer questions on where to go for help when various situations arise. Next, students volunteer to act in "Dorm Drama" scenes and the entire group offers comments or suggestions as to where the actors/actresses could go in the community for assistance. At the beginning of the event, participants are given several handouts with the names and contact information of a variety of clinics, hotlines, and community centers. This helps them throughout the program and also acts as a reference booklet throughout their time in Ann Arbor.

In addition to our own community health programming, the Women's Health Resource Center has been involved in a number of health and information fairs throughout the year, including:

- Taste of Health – Heart Care Fair;
- Women of Color Symposium: Health and Activism; and
- Workplace 2000 Health and Resource Fair.

Through the Women's Health Resource Center (WHRC), the UM CoE has developed resources and services for women to learn more about their health and to connect with community partners to further their care. To further this mission, volunteers of the WHRC developed a community resource guide, which features local, state, and national agencies, support, and referral services for a woman's physical, emotional, and spiritual health. This resource is maintained and updated regularly by the WHRC volunteers and is a key component of our services.

◆ University of Pennsylvania

The University of Pennsylvania CoE Health Tip Card (HTC) focuses on the education of health maintenance, disease prevention, healthy lifestyle promotion, as well as healthy aging. The project is made up of four quarterly topics: Cardiovascular Disease, Depression, Cancers, and Female Aging Issues. The tip card emphasizes the role of the woman in taking the right measures to insure the healthiest of lifestyles. Two themes prevalent with the cards are: What you Need to Know and What You Can Do. The bottom of the tip card is perforated with a Heart Healthy recipe on one side and available community resources on the other side. If a woman takes the card for the recipe, she is also getting a list of resources which she may otherwise not know exist.

The University of Pennsylvania CoE recognized the importance of having a bicultural bilingual Deaf woman staff member, particularly given that Deaf women meetings are closed to hearing community members and the CoE developed the women's health outreach

program for women who are Deaf, focused on increasing the awareness of health risks and health promoting behaviors. They developed a matrix from which they reached out locally, regionally, and nationally to make an impact on the quality of life, perception of health risks, and preventive actions taken by this underserved minority. They had reached an expectation that the impact upon the quality of life and preventive actions was very optimistic with this group.

The CoE's women's health outreach program for Deaf women established the groundwork of focusing on the enhancement of the recognition of health risks and encouragement of health promoting behaviors. They hope to continue the development this outreach program to Deaf women concentrating on multiplying the awareness of health risks, and enhancing health promoting behaviors that will resume to have a positive impact on this underserved population and their quality of life, perception of health risks, and preventive actions.

Specific program goals of the program include:

- To provide advocacy, training and technical assistance to health care systems, managed care organizations, health care providers and institutions in making their services accessible to Deaf women;
- To provide training and support to Deaf women to empower them to become informed consumers of health care services and advocates for themselves;
- To provide direct dissemination of women's health information to Deaf women; and
- To provide Deaf accessibility training and technical assistance to current providers of women's health information campaigns and health hotlines.

◆ University of Puerto Rico

The CoE produces brochures to disseminate easily organized information for the general public. In collaboration with the undergraduate students of the Community Health Education

Program of the College of Health Related Professions, brochures on Breast Cancer Self Exam, Depression, Osteoporosis, and Fibromyalgia were developed. The topics of these brochures were based on information needs of women based on the findings of the surveyed population. Two of the brochures, originally in Spanish, have been translated into English and will be available on the web. Information included in the breast self examination brochure was displayed in a poster. The poster was exhibited on Campus for two weeks and is now part of the education materials exhibited at the Conference Hall on Wheels of the CoE Educational Program *MujerEs*.

The Menopause Information Center, CoE, and a pharmaceutical company joined forces to produce an instructional video offering information on menopause for the general audience. The video was aired on September 1999 through local TV. The video is in Spanish and has as its title: "Menopausia: la nueva vida" (Menopause: The New Life). The video features the participation of Dr. Romaguera, CoE Clinical Director, clinical staff, and Puerto Rican singer Nydia Caro. It is available at all video stores and at the CoE for free loans. Recently the CoE provided a copy of the video to a visiting professor of the University of Haiti.

Dr. Josefina Romaguera, the CoE Clinical Director, is a frequent speaker and participant in local consumer education activities that include radio and television program on the subjects of Breast Cancer Prevention, Menopause, and Osteoporosis. In addition, an article by Dr. Romaguera – "Quality of Life After Menopause" – appeared in *El Hato Rey*, a regional newspaper in August 2000.

The Educational Program "*MujerEs*," a CoE comprehensive educational program for both health professionals and consumers funded by a pharmaceutical company, was inaugurated on March 10, 2000. The main component of the program is community outreach and health promotion and prevention through a Conference Hall on Wheels that tours the island offering conferences in women's health, videos and densitometry tests free of

charge. The Conference Hall on Wheels has visited 78 locations around the island. The program has offered two symposia on Women's Health for women of the community. The first, held in June 2000, gathered 1000 women from all over the island. The second, held in August 2001, gathered 1350 women. All participants had the opportunity to attend conferences, have densitometry tests, visit exhibits and share information on prevention and health maintenance.

The Annual Medical Symposium: New perspectives on the Care of Women's Health, is held every year during March at the Ritz Carlton Hotel for primary physicians in the community. Sponsored by the CoE in collaboration with the UPR OB-Gyn Department, the activity had the educational sponsorship of a pharmaceutical company. Total attendance of the 2001 activity was 700 physicians. Topics included in the annual programs include: Women's Health, Cardiovascular disease, Hormone Replacement Therapy, Chronic Disease, and the Aging Process – Perimenopause and Menopause.

The Center's Women and Health Information Network in collaboration with Taller Salud, a local community organization and a member of our network, provided funding to sponsor the participation of Maritza Nieves at the 17th World Congress on Health Promotion and Health Education that was held from July 14-20 in Paris, France. The contribution allowed her to share with other international participants in the Congress the model that she is using as part of the Taller Salud project - Peer Counselors to Prevent Adolescent Pregnancy and Domestic Violence – in the town of Loiza. Young women in Loiza, in addition to having special demographic characteristics, face psychosocial, economic and health problems that include the highest infant mortality rate and adolescent pregnancy in the Island of Puerto Rico. The Women and Health Center and Taller Salud have initiated efforts to bring together government and community organizations working in Loiza together to develop a concerted effort to work with this community in addressing those problems.

◆ Tulane/Xavier Universities of Louisiana

Information on topics important to women's health is available in all of the Women's Health Clinics. Brochures are available on breast health screening and a variety of other health issues. Patients in the Women's Health Clinics also have full access to the CoE Resource Library.

A joint program between the CoE and the Tulane Center of Clinical Effectiveness and Prevention, the Hispanic Organization of Health Professions to Improve Health Outcomes (HOHPTIHO), targets health promotion activities, and develops partnerships and databases fostering multidisciplinary research as it pertains to the Latino community. In particular, HOHPTIHO has targeted the evaluation of Latino health, especially women. HOHPTIHO includes a consortium of both state and local organizations, such as The State Immunization Program, Louisiana CHIP, N.O. AIDS Program and other important community health organizations. This consortium has been active in conducting health fairs in the community and measuring the Latino health and risk status.

The Women's Health Education and Awareness Initiative seeks to empower women by increasing their awareness and personal agency in addressing their health needs. To achieve this, the CoE's Outreach Core has enlisted an extensive network of special interest groups and organizations to help cultivate a healthy community by attending health fairs, by reaching out to churches, schools, businesses, individuals and other organizations and by developing and conducting health education for the organizations.

The Clinical Trials Unit of Xavier, which is part of the CoE, has participated in community health fairs, health screening and educational programs as part of its comprehensive outreach program. The CTU provides health screenings and information on diseases prevalent in the New Orleans area. Second, the program enhances awareness of clinical trials in traditionally underrepresented populations to encourage participation. Each fall

the CTU participates in the University's "Wellness Week" activities and offers flu shots to the faculty and staff and "high risk" students at Xavier.

Women Wellness Wednesdays (WWW) is a collaborative project of the CoE, the Center of Research on Women, Newcomb College, Tulane University and Reily Recreational Center (Tulane University). This highly successful work site program brings comprehensive health and wellness education to staff, addressing the physical, social, emotional and spiritual needs of women. One Wednesday each month, a topic of interest is presented during the lunch hour. Topics are selected by participants, and have included stress management, menopause, hormone replacement therapy, breast health, cardiovascular disease, cancer, endometriosis and sexual health. The topic for June was prostate cancer, and the women invited their male co-workers to attend. This program began in January of 2000 and is ongoing.

A lecture series was developed for the Odyssey House, a local shelter for homeless substance users. Subjects addressed in this series included breast health.

The CoE is collaborating with the Association of Retarded Citizens (ARC) of New Orleans to establish a series of discussion groups addressing pertinent health issues. Cardiovascular health was the topic of the first discussion. This unique program is tailored for the special needs of this population.

Community health education is also provided at health fairs via handouts and health screenings. Health fairs are excellent vehicles for information dissemination, as well as opportunities for the CoE to collect contact information. Contact information includes demographics, health inquiries, and general comments. This information is input into the CoE contact database, and is used to keep contacts abreast of developments in women's health. Additionally, the contact database is a tool for the CoE to track the needs of the community, as well as to evaluate the effectiveness of their services.

The CoE organized, was the title sponsor, and participated on the faculty for the Mayor's Conference on Women 1999 and 2000 - Activities included workshops and lectures on women's health issues; and a health fair featuring screenings and information dissemination.

Xavier's Ambulatory Care Division, which is part of the CoE, has actively participated in issues affecting women's health. During the past two years, women's health seminars were conducted at a number of locations, including the St. Thomas Health Center, Carrollton Senior Citizen Center, St. Vincent DePaul and the Louisiana State Building. In an effort to promote wellness, the concentration of this series supported the women's health theme, "Taking Time to Care." Areas of focus included the following:

- Time Management: Time for Rest and Relaxation;
- Poison Control Issues;
- Blood Pressure Monitoring; and
- Breast Cancer Awareness.

◆ Wake Forest University Baptist Medical Center

In an effort to inform the community and health care professionals about CoE programs, the Coordinating Center produces two quarterly mailings, one distributed to over 2500 members in the community, and the other to health care professionals within the Medical Center and community. Topics have included soy and its affect on breast cancer, heart disease, epilepsy in women, memory loss, osteoporosis, and vaginal dryness/incontinence.

The CoE established a Teen Advisory Board (TAB) to complement the existing Community Advisory Board (CAB). The responsibilities of the TAB are to provide a voice for young adult's concerns, to bring together young women and men to help plan programs and activities for teens through the Women's Health Center of Excellence (and to provide feedback about the

CoE programs). The TAB is to ensure that the Women's Center services the needs of the teenage community. Members discuss health concerns of teens, how to talk to teens about prevention of STDs and other preventable diseases and ways to reach the teen community for other health issues. The TAB will help to plan a Young Women's Health Summit, to be held in 2002.

The Education and Clinical Committees created the Health Risk Assessments (HRA) that is used in CoE clinics, at health fairs and other community events. A HRA was developed for each of these venues: (1) Clinic Health Risk Assessment, (2) Community Health Risk Assessment, and (3) Health Fair Health Risk Assessment.

The Education and Clinical Committees created "Women's Health Fact Sheets" that complement the Health Risk Assessment and have a reading grade level of 5th-6th grade. These informational sheets have been added to the web page, and distributed at libraries, in clinics, at "Health After Hours," health fairs, and other community events.

The WFUSM's Mini Medical School is a public health education service initiated in 1993 consisting of a series of lectures over a two-week period on a health related topic of interest to the general public. Lectures included: "The Key to a Healthier, Less stressful Life" and "Breast Health: Understanding Your Choices."

One of the goals of the Women's Health Center is to foster consumer education and program outreach activities to promote women's health. ***Taking Care of our Sisters*** is a multifaceted program created to encourage, educate and promote good health for women of all ages. Women can receive health information in comfortable and non-threatening environments including malls, churches, community centers, and civic and community club meetings. These sites were chosen because they are places that women in this community have traditionally felt comfortable and visit on a regular basis. Activities include:

- Church Program - health information about upcoming services or speakers through colorful church bulletins and information areas throughout the church campus;
- Health After Hours or Lunch and Learn – at local business, CoE faculty and staff give once a month to update female employees and their families on the latest in women's health care issues. Attendees receive brochures and other information on the selected topics; and
- Health At the Well - A women's health resource stand, entitled "Health at the Well" has been established at two of the libraries in the Forsyth County Library System. A multitude of resources are available at the library for people in the community to access at their convenience including books, magazines, journal articles, and brochures. A new topic is covered every other month. Once a month an activity is offered to the community on the featured topic. During the first month of the featured topic, a lecture is offered. The next month, an interactive activity is planned on the same topic. Health at the Well activities included: How to do Breast Self Examinations; Waiting to Exhale: Domestic Violence and Healthy Relationships; Losing Weight the Healthy Way; Sowing Healthy Seeds; Diabetes, Cancer and Heart Disease; Kick that Butt- How to Stop Smoking.

The CoE participates in health fairs throughout the Medical Center and in local malls, schools, churches, businesses and colleges. Members from the CoE staff the booth and answer questions about the CoE or other health topics.

The CoE held its 3rd Annual Fall Initiative on Domestic Violence. The Triathlon, Splash & Dash and One Mile Fun Run are held each fall at the Wake Forest University campus to raise money and awareness for the prevention of domestic violence in the community. The Education Program also plans outreach events to educate the community on domestic violence and practitioners on how to screen.

The Dating Violence and You Seminar focused on the unique risks faced by teens and offered advice on how to avoid violent relationships. Booklets were assembled and distributed to participants. The CoE distributed these booklets at the Well Aware Health Fair. The CoE participated in this health fair, along with other community groups promoting adolescent health and safety. The CoE conducts this program for various community groups, including churches, girl scout troops and YMCA programs.

Wake Forest University Baptist Medical Center Women's Health Center of Excellence Resource Center Grand Opening, April 14, 2000, included Health Risk Assessment and Health Screenings. Some of the featured events included: How to Do a Breast Self Exam; Exercise Even You Can Do; and Health Screenings: Hearing/Diabetes/Blood Pressure/Cholesterol/Body Fat. The Resource Center is split into two sections; one for professionals and one for the community. The Resource Center catalogue is part of the CoE website and allows visitors to use the search engine to search for and request specific items. Those items are then sent to the individual from the Coordinating Center. A computer, with on-line access, and color printer are available for visitors to use. Also, a color TV and VCR are available for guests to view videos.

The CoE began utilizing a Cable Access TV show, entitled CAT-TV, to reach over 150,000 people in the Winston-Salem, Greensboro, High Point Triad area. Shows that have been taped include 3 shows on Breastfeeding and "Alzheimer's: A Woman's Unique Burden." Other shows being planned include HRT and Menopause, and Pre-pregnancy Planning.

The CoE utilizes the BestHealth, a store at the local mall where the community can access health information, for cooking classes and community lectures. The CoE held a Nutrition Across the Lifespan health fair in August 2001 and had lectures on Breastfeeding, Eating Disorders, Osteoporosis and a soy cooking demonstration. Also on hand were demonstrations on fit-bail and shoe-fitting booth to help people pick out the appropriate athletic shoes.

The CoE formed a community committee to help plan and implement ***Pick Your Path to Health*** events that began in January 2001. ***Pick Your Path to Health*** is a year-long effort to get more women on a healthy path by addressing the disparities among women of different ethnic groups and providing workable health messages to all women. An internal planning meeting and several community organizing committee meetings were held. The Committee designed fliers for January's theme. Spiritually, and distributed PYPH calendars at area businesses, libraries and clinics. The CoE coordinator, Ms. Shellie Ellis, also took the message to a local school and presented "Pick Your Path to Health: Women's Health for the New Millennium" to forty middle school teachers. Other events have been held, including "Exercise for Real Women: at the Women's Wellness and Fitness Center in Winston Salem. The exercise class was specially designed for larger women who may find it hard to join most exercise programs. Helen Naples, owner and operator of Women's Wellness explained how to stop dieting and "normalize" eating and exercise behaviors.

The Women's Center co-sponsored by Jennifer Jako, HIV/AIDS activist, who shared her story with nearly 300 students from Wake Forest University and Salem College on the Reynold Campus in November 2000. She openly talked about her own experiences in becoming HIV positive at age 18, in hopes of helping others avoid making unwise choices.

The Women's Center held its first sticker campaign for the entire Medical Center community. Over 100 volunteers helped the Women's Center place domestic violence hotline stickers in every restroom in the institution. A letter encouraging participation of all AF employees from Dr. Richard Dean, Director of the Medical Center and Sr. VP for Health Affairs at the University; and Len Preslar, Jr. President and CEO of NC Baptist Hospital was sent to all Medical Center employees.

◆ University of Washington, Seattle

The Women's Health Outreach Van program targets Native American, Asian American, African American, Latin American, elderly and low-income populations for education in healthy lifestyles and preventive screening.

Newsletters are published monthly by the UWMC and HMC, departmental newsletters quarterly, and School of Medicine reports biennially. The Healthy-U Public Education Series is a community education project, featuring free lectures, given in the Recreational Equipment, Inc. (REI) facility, by UW faculty on topics related to health, fitness and prevention

The Osteoporosis Education Project features a web-based outreach format to improve access to information for health care providers serving high-risk minority communities and the under-insured in the Puget Sound region. Physician- and nurse-educators, physical therapists, dietitians, experts in adult education have been involved in the planning and execution of the project. Evidence-based, readable and culturally sensitive materials are being developed on life-style interventions, as well as medical therapies used in prevention of osteoporosis.

◆ *University of Wisconsin-Madison*

HOWA! Health Outreach to Wisconsin Adolescents was created by the University of Wisconsin-Madison CoE with the Great Lakes Inter-Tribal Council to provide outreach to Indian nations across the state of Wisconsin to increase resources for reducing risk-taking behaviors among adolescent girls. This program has used theater and oral history programs as well as a Baby-Think-it-Over program to reduce teen pregnancy and risky behaviors; foster positive models and strengths; and connect youth to their cultural traditions and roots. Some outreach materials are in Native American languages.

Meriter Hospital, a CoE affiliate, has sponsored several community events for patient information, including Women and Heart Disease, Women and Cancer, and the Women and Midlife Series.

At St. Mary's annual fall health conference for Catholic Nuns of Wisconsin, the CoE collaborated with the School of Pharmacy, Novartis Corporation and Lunar Corporation to offer osteoporosis screening to over 1100 nuns.

The CoE collaborated with the Wisconsin Division of Health to create and publish the Wisconsin Women's Health Resource Directory to be distributed free at health fairs as well as all Wisconsin libraries, county public health departments and select CoE clinical and patient resource sites.

The CoE participated in community educational programming, Women Creating Wellbeing, a six week series based in the Wisconsin School of Nursing in association with the CoE and focused on techniques women can use to create their own well being.

The CoE affiliate, Meriter Hospital, delivered numerous ongoing wellness education, support group and childbirth education programming.

The CoE web site includes a calendar of women's health events, girls' health pages in Spanish and English and links list to consumer web health resources.

CoE staff have developed a program for STD and unintended pregnancy prevention for University of Wisconsin Indian nations.

CoE staff utilized multicultural individuals in a course on Health Promotion and Disease Prevention by having them come to discuss their points of view with class participants.

To further goals for outreach to low income women the CoE Outreach Director identified steps the CoE can take to address the health concerns of this population including:

- Distribution of public materials to promote professional awareness of free screenings for women, subsidized by CDC and state monies;
- Worked with Meriter Hospital health educator, librarian and community committee to identify and evaluate low literacy consumer education materials;
- Distributed OWH daybooks to low income women through neighborhood centers and clinics; and
- Coordinated addition of osteoporosis education, screening, and counseling into health care day for elderly nuns, all of whom are poor and many uninsured.

The CoE has made wellness and health promotion for women with mental illness on the community level a priority.

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September 2001***

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